

Nicholas Capito, MD

Rotator Cuff Repair Information:

1) Prior to Surgery:

The Surgery coordinator will contact you about scheduling your surgery. Most surgeries are performed as an outpatient at the Augusta Orthopedic Surgery Center on Thursdays.

Medications:

- Please stop taking any Aspirin or anti-inflammatory medications (Advil, Ibuprofen, Mobic, Aleve, etc) **1 WEEK PRIOR** to your day of surgery.
- Any other blood thinners/anticoagulants will be discussed at your preoperative appointment.

2) Surgery: AOS Surgery Center (1290 Interstate Parkway, Augusta, GA 30909)

- After checking into AOS Surgery Center, you will be taken back to the preoperative holding area to prepare for surgery. You will be taken care of by the nursing staff, evaluated by the anesthesiologist and CRNA, and seen by myself.
- The anesthesiologist will offer you a nerve block that will help to control pain 12-24hrs after surgery.
- Surgery generally lasts 1-2hrs.
- You will be asleep during the entire surgery. You will wake up in the PACU with a sling on your shoulder.
- Once you are ready and recovered from surgery, you will be discharged home from the PACU.

3) After Discharge:

-You may remove your dressing 3days after surgery. You may shower at this time. Let soapy-water wash over the incision and then gently pat it dry. Do not remove the steri-strips. If they fall off, keep incisions covered with band-aids. Your suture is buried under the skin and will dissolve. You do not need your sutures removed. Do not soak in a bath/pool.

Week 1-5- You will remain in your sling x 5wks and only come out to shower and do exercises. I will give you instructions on the stretching exercises to perform at home. Most patients do not start PT until after you discontinue the sling at 5wks from surgery.

-I will see you back in the clinic 2wks after your surgery. Please call if any questions/concerns. (706)863-9797

Week 5-12- You may remove your sling after 5wks from surgery. You can then use your arm for simple daily activity. No lifting more than 5lbs. You will participate in formal physical therapy and they will progress your active motion.

Week 12-24- You will continue with physical therapy and progress your strengthening. Typically after 5-6months, I will remove all restrictions.