



ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

STEVEN E. SELDEN, M.D.

ARTHROSCOPIC SURGERY
KNEE AND SHOULDER SURGERY
SPORTS MEDICINE
GENERAL ORTHOPEDICS

ROTATOR CUFF REPAIR

AFTER SHOULDER SURGERY

1. Limit your activities for several days.
2. Apply ice intermittently for 48 hours.
3. Keep dressings dry.
4. Take your pain medication as prescribed.
5. Arrange for a follow-up visit (if not already done) for in approximately 2 or 3 days.
6. Keep your arm in the sling unless otherwise instructed.

Call if there are any problems or questions
(860)243-1414