



Dr. Aryn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

Date: _____

DO's and DON'Ts after ROTATOR CUFF surgery

- Use the arm pouch at all times with the upper limb positioned correctly; avoid it being too loose or tight.
- Refrain from moving or lifting anything with the operated hand until advised.
- Schedule a physiotherapy follow-up three weeks after surgery.
- Apply ice only to the shoulder joint, where bone can be felt, 5-6 times a day.
- Use hot packs on the upper back for pain relief if necessary.
- Maintain axillary hygiene by gently sponging the axilla.
- Take medications as prescribed in the discharge summary.
- Walking is unrestricted.
- Place a pillow under your elbow on the operated side while sleeping to support the limb.
- Encourage finger and wrist movements of the operated limb.
- Ensure the room is well-lit and mat-free to prevent falls.
- Change dressing only if there is oozing; sutures will be removed at 15 days.
- Shower or sponge bath allowed, but ensure dressing and wound area remain dry; cover with cling drape if showering.
- Expect bluish-black bruises or skin discoloration around the operated site, which will subside; ice application helps.
- If there is bleeding or ooze from the dressing, contact us for assistance.



ARM POUCH



**ICE PACKS
FOR SHOULDER**



**HOT WATER BAG
FOR SHOULDER**

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



707, Panchsheel Plaza, Next to Dharam Palace
Hughes Road, Gamdevi, Mumbai- 400007.

Patient Coordinator : +91 88989 75355

Surgery Coordinator: +91 98202 09137



For Appointments

+91 22 23619137 | +91 88989 75355

E-mail: dramrajani@gmail.com

www.dramynrajani.com | www.oaksclinic.net