

WNY Knee and Orthopedic Surgery PC

Dr. Michael A. Parentis

Dr. Keith C. Stube

Matthew J. Mazurczak RPAC

Jeff Rassman RPAC

Breanne Finucane RPAC

Allison Morgante RPAC

3712 Southwestern Blvd, Orchard Park 14127, 508-8252

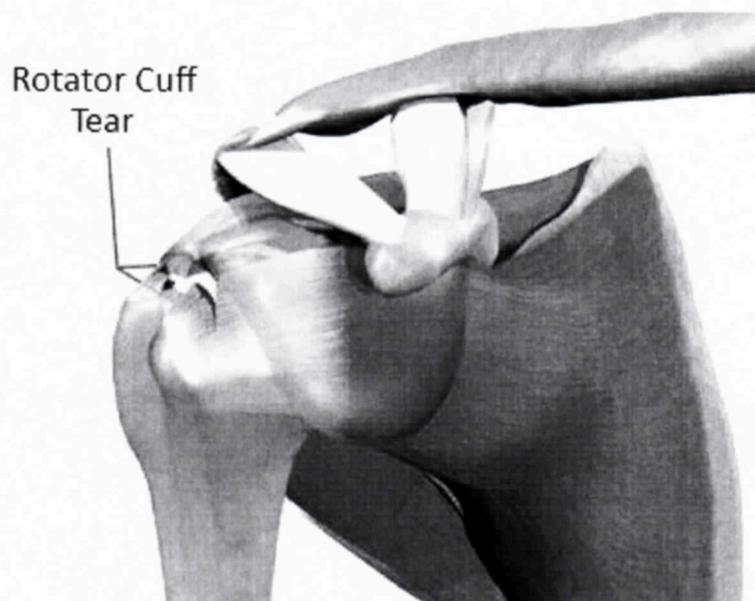
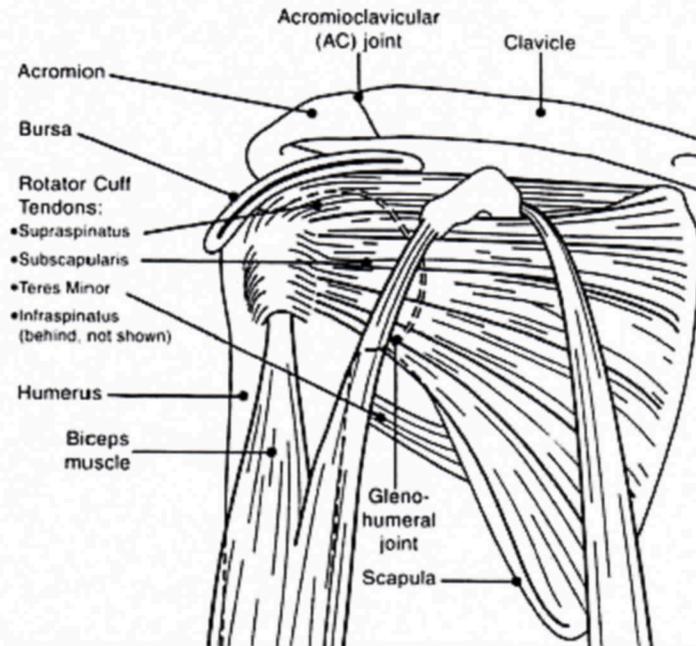
180 Park Club Lane Suite 225, Williamsville 14221, 839-5858

Rotator Cuff Repair

What is the Rotator Cuff?

The rotator cuff is a group of four muscles that act to stabilize and move the shoulder. The main purpose of the rotator cuff is to lift the arm above the chest. When there is a tear in one of these muscles, surgical repair is often an option because the tear will never heal. A chronic tear can lead to retraction and atrophy of the rotator cuff muscles, making the tear irreparable. This can then lead to severe arthritis. We also know that any muscular weakness that occurs while the cuff is torn will never recover.

The Shoulder Joint



The decision to move ahead with rotator cuff repair is purely an elective one. Although we know the tear will not heal and could predispose you to developing arthritis in the shoulder, you can certainly live with the tear or consider other options such as NSAIDs, PT, steroid injections, and/or activity modification. Remember, however, that if the tear becomes too large it may become irreparable and the muscular weakness will not recover.

Preparing for Surgery

If you decide to have Rotator cuff repair surgery, you will need a complete physical examination, as well as bloodwork, EKG, and chest x ray with your family physician before surgery. They will assess your health and identify any problems that could interfere with your surgery.

Before surgery, if you are taking **Plavix, Pradaxa, Coumadin, or any other blood thinners** you will need to stop them before surgery. Please notify us if you are taking any of these. You may continue to take Aspirin normally. **Please notify us if you have any history of blood clots or pulmonary embolism.**

Arranging post-operative rehabilitation: You will begin physical therapy 5 days after the surgery. We encourage all patients to do physical therapy at our Southtowns office (508-8252) or our Amherst office (839-5858).

The Procedure

The surgery is done on an outpatient basis and will be performed at the Ambulatory Surgical Center of WNY on Sheridan drive near the Boulevard Mall. The phone number there is (716)-831-9435. The address is 3112 Sheridan Drive Amherst NY 14226

Arrival

The Ambulatory Surgical Center of WNY will contact you with specific details about your appointment time. Be prepared for this to change the day of your surgery!!!!!! You will likely be asked to arrive at the Surgical Center on Sheridan road an hour or two before your surgery. **Do not eat or drink anything after midnight the night before your surgery. IF YOU DO EAT OR DRINK YOUR SURGERY WILL BE CANCELLED!**

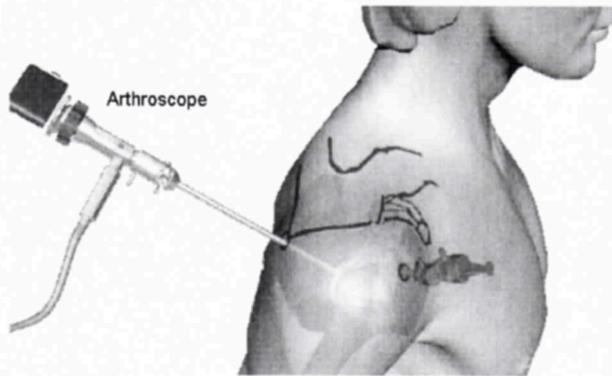
Anesthesia

When you arrive for surgery, a member of the anesthesia team will talk with you. Rotator cuff repair is performed under general anesthesia with a block. We do not perform this surgery with local or sedation. The block will be done while awake with sedation and will numb the arm for 12-36 hours. The arm will feel numb or asleep, often as long as the next morning.

The Procedure

The procedure takes about an hour and a half. Dr. Parentis will first use an arthroscope to take a look inside the shoulder. Arthroscopy is a common surgical procedure in which a joint (arthro-) is viewed (-scopy) using a small camera. He will clean out any bursitis or bone spurs that you may have. (This is

called a decompression). He may also clean or debride the end of the collar bone at the AC joint. He will then locate the rotator cuff tear through the scope and evaluate the muscle and tendon.

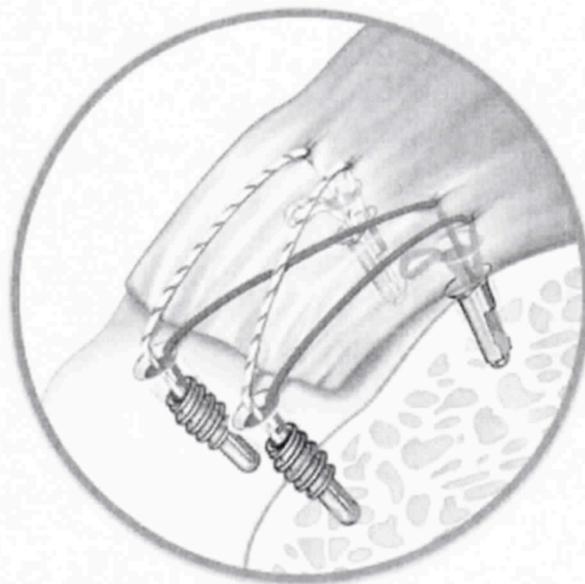


Arthroscopy



Rotator cuff tear as seen through arthroscopy

Next, a small incision is made on the side of the shoulder. The tear is then repaired using 1-2 anchors. The incision is then closed with absorbable sutures and dressed with gauze and tape. When you wake up from surgery, your arm will be in a sling.



Rotator cuff repair

You will be moved to the recovery room and should go home in approximately 30 minutes. You must have someone with you to drive you home. It is against New York State Law to drive yourself after receiving anesthesia.

Swelling

Ice is a very important aspect of your postoperative treatment. Apply the ice 30 minutes on and then 10 minutes off. Ice will be helpful for up to 4 weeks after the procedure.

Recovery

You can remove your sling as tolerated, once you have full feeling in the arm and will leave the surgical dressing on until your first physical therapy appointment. We will show you how to move your arm safely before you go to physical therapy. In general, you cannot lift the arm forward or away from the body actively. You may move your wrist and elbow as tolerated. When you go to physical therapy, your dressing will be changed and a new dressing applied. You cannot get the incision wet for 2 weeks!! While in physical therapy you will work on passive range of motion for the first 4-6 weeks after surgery. You cannot perform any active lifting with your operative arm until 6 weeks after surgery!! Remember, the arm may be numb for up to 24 hours because of the block.

Physical Therapy

WE HIGHLY ADVISE YOU ATTEND PHYSICAL THERAPY AT OUR ORCHARD PARK LOCATION IN THE SOUTHTOWNS OR AT OUR AMHERST LOCATION ONLY!!!! THE ORCHARD PARK PHONE NUMBER IS 715-508-8252 AND THE AMHERST LOCATION IS 833-8391. WE HAVE A VERY ACCELERATED PT PROGRAM AND FEEL STRONGLY THAT YOU WILL DO BETTER WITH OUR THERAPISTS THAT UNDERSTAND OUR PROTOCOL. WE ALSO WORK WITH THEM CLOSELY ON A DAILY BASIS AND ARE AVAILABLE IF ANY ISSUES ARISE.

Driving

We recommend that you do not drive for at least 3-4 weeks after surgery if the procedure involved your dominant arm. If it is the nondominant arm then you may be able to drive after your first physical therapy appointment and if you feel safe and comfortable.

Medications

You will continue with your normal preoperative medications as well as pain medication prescribed by our office. We typically prescribe Lortab or Percocet for rotator cuff repair. Anti-inflammatories such as aleve(naproxen) or advil(ibuprofen) are also very helpful. We will only refill the narcotic if necessary one time after the procedure.

Complications and Warning Signs

As with any surgery, there are risks associated with rotator cuff repair. These occur infrequently but certainly can occur. These are included in our informed consent sheet which you must review and bring with you to your procedure.

Complications

Potential postoperative problems with rotator cuff repair commonly include, but are not limited to:

- Infection- this may require more surgery to wash out the shoulder
- Blood clots -DVT or PE can be life threatening.
- Accumulation of blood in the shoulder- Hematoma may require more surgery
- Stiffness, which could require further surgery, called manipulation
- Re-tear of the rotator cuff
- Nerve injury-this may cause numbness or loss of function
- Worsening of any arthritis you may have before surgery causing more pain
- Wound healing problems
- Development of arthritis following surgery
- Continued pain after surgery or failure to relieve symptoms
- Need for another surgery
- Diabetics: your risk for infection, wound problems, and poor healing are directly related to blood glucose control. The better you glucose control, the less risk for all complications.
- Smokers: we suggest you quit smoking immediately. Smoking increases all of the above risk factors 20-30% especially infection and failure to heal.

Warning Signs

Call our office immediately if you experience any of the following:

- Fever over 100 degrees
- Chills
- Persistent warmth or redness around the shoulder after your dressing is off
- Persistent or increased pain
- Significant swelling in your shoulder or arm
- Increasing pain in your calf muscle
- Odor from the incision

GO TO THE ER IMMEDIATELY IF YOU DEVELOP SHORTNESS OF BREATH OR CHEST PAIN!!!!

Outcome

Most patients do very well with rotator cuff repair with a success rate of 85-90%. A majority of patients can return to normal activities in 3 months. You will be able to return to a desk job 4-6 weeks after the surgery and a more physical job 3-6 months after surgery. Your ultimate recovery depends on the quality and the size of the original tear. The re-tear rate can be as high as 25-30%. This can be much higher if you are non-compliant

Please remember rotator cuff repair is a purely elective decision and is done for quality of life reasons. If you have any questions regarding anything about your procedure or this handout please call us at (716)-839-5858 in Amherst or (716)-508-8252 in our Southtowns location.