

FREQUENTLY ASKED QUESTIONS

following SHOULDER Surgery



How long do I have to wear my sling?

You will typically have to wear the sling for 6 weeks. For rotator cuff repairs, it will depend on the size of the tear that is found during your surgery. Dr. Ugwonalu will better inform you or a family member after the procedure.

Do I have to wear it at all times? Do I have to wear it to sleep?

You may remove your sling a few times (3 to 4) per day to move your elbow, wrist and fingers to prevent stiffness, but there should be no movement in the shoulder. You **MUST** wear the sling at all times while in public. You must wear the sling to sleep. When you are instructed to do so, you will gradually wean yourself from wearing it (you will first stop wearing it when home/indoors, and then when comfortable doing so, you may remove it for outdoor use as well).

When can I drive?

Typically, you can drive 6 weeks after your surgery or when you are no longer wearing your sling. Please keep in mind that it is dangerous to drive while wearing a sling as you will not have full control of your arm in the event of an emergency or when you need to react quickly. For rotator cuff repairs, it will depend on the size of the repair, so Dr. Ugwonalu will inform you at your first post-op visit.

When can I return to sports?

You may begin jogging 3 months following your surgery. You may not play contact sports until 6 months after your surgery.

When will I start physical therapy and for how long will I need to attend?

Rotator Cuff Tears: if you had a large tear, you will start therapy 4 to 6 weeks after your surgery. If you had a small tear, you will start a few days to 1 week after your surgery.

When is my first follow-up appointment, and how often will I need to see the doctor?

Your first visit will be 10 to 14 days after your surgery. Dr. Ugwonalu will let you know how often you will return for follow-up appointments.

When can I play sports again?

You may not play full contact sports until 6 months following your surgery.

Who do I contact with questions about my sling or brace?

For all questions regarding the care of your sling or any other brace (adjusting it, cleaning it, etc.) please contact our office at 404-355-0743, extension 1738 and we will be happy to help you.