Answers to Common Concerns About Rotator Cuff Repair

Having any type of surgery can be stressful. So if you're worried about your upcoming rotator cuff repair, that's understandable!

To help ease your mind, focus on the benefits of surgery. Soon, you'll be able to do more with less pain! That's sure to brighten your mood.

Knowing what to expect from the surgery can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about rotator cuff repair.

How safe is the surgery? All surgeries have some risks, like the chance for an infection or bleeding. Other risks with rotator cuff repair include injury to a nerve or stiffness in the shoulder. You may also be worried about the anesthesia.

Keep in mind, millions of people have major surgery every year without any trouble.

Your care team has done lots of these surgeries and knows exactly how to keep you safe and healthy.

You can do your part, too, by following all pre- and post-surgery instructions. And if you have any questions, ask away!

How will I feel after surgery? Some pain is likely after surgery. How much you'll have is hard to predict; everyone is different.

Here's the good news: Any discomfort will get better over time, and your care team is well-equipped to help you manage it.

Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

What about reinjury? Yes, there's a small chance you can retear your rotator cuff—more so if you're an athlete or otherwise active person. You can do a lot, though, to lower that risk.

First, don't do too much, too soon. Follow your provider's advice on limiting arm movement.

And stick with your personal rehab plan. That includes the at-home exercises and physical therapy.

Also remember, healing takes time. So be kind to yourself and adjust your goals if needed. Your shoulder will gradually get stronger as you move toward a full recovery.

Still have questions or concerns? Your care team is here to help. Get in touch to learn more about all you can do to make sure your surgery goes smoothly.

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