

**Balazs Galdi, M.D.**

140 Bergen Street, ACC D1610  
Newark, NJ 07103  
Tel: (973) 972-8240  
Fax: (973) 972-9367

**FREQUENTLY ASKED QUESTIONS FOLLOWING SHOULDER SURGERY**

**How long do I have to wear my sling?**

You will typically have to wear the sling for 4-6 weeks. For rotator cuff repairs, it will depend on the size of the tear that is found during your surgery. Dr. Galdi will better inform you at your first post-op visit.

**Do I have to wear the sling at all times? Do I have to wear it to sleep?**

You may remove the sling a few times per day (3-4) to move your elbow, wrist, and fingers to prevent stiffness. You **MUST** wear the sling at all times while in public and to sleep. When instructed to do so, you may gradually wean yourself from wearing it (first stop wearing it when home/indoors, and when comfortable doing so, you may remove it for outdoor use as well).

**When can I drive?**

Generally, 2-4 weeks after your surgery or when you are no longer wearing the sling. Please keep in mind that you may not drive with a sling on.

**When can I return to play sports?**

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

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

*Rotator Cuff Tears:* SMALL tear- 2 weeks after surgery.

LARGE tear- 4-6 weeks after surgery.

*Total Shoulder Replacement:* You will begin while in the hospital

*Reverse Total Shoulder Replacement:* 4 weeks after surgery

**When will my first post-op appointment be?**

Your first visit will be 1-2 weeks after your surgery.