

Rotator Cuff Repair Supplementation

3,000 mg Vitamin C

30 days

100 mg Doxycycline

30 days (twice a day)

You will be prescribed Vitamin C 3,000 mg daily for 30 days following surgery. This will be called into your pharmacy. Vitamin C is prescribed following rotator cuff repair to aid in collagen cross-linking and ultimately healing of the rotator cuff.

You will also be prescribed Doxycycline 100 mg twice a day for 30 days following surgery. This will be called into your pharmacy. Doxycycline is a MMP inhibitor and can aid in rotator cuff healing following surgery. It is also an antibiotic and can be used to treat Cutibacterium Acnes, which is a common bacteria that is found in your armpit.

For further information on the use of Vitamin C and Doxycycline to improve healing following rotator cuff repair, please read the following articles:

Bedi A, Fox A, Kovacevic D, Xeng-hua D, Warren R, Rodeo S (2010). Doxycycline-Mediated Inhibition of Matrix Metalloproteinases Improves Healing After Rotator Cuff Repair. *The American Journal of Sports Medicine*, 38(2):308-17. DOI: 10.1177/0363546509347366.

Carr A, McCall C (2017). The Role of Vitamin C in the Treatment of Pain: New Insights. *Journal of Translational Medicine*, 15:77. DOI: 10.1186/s12967-017-1179-7.

Shibuya N, Humphers J, Agarwal M, Jupiter D (2013). Efficacy and Safety of High-dose Vitamin C on Complex Regional Pain Syndrome in Extremity Trauma and Surgery – Systematic Review and Meta-Analysis. *The Journal of Foot and Ankle Surgery*, 52: 62-66. DOI: 10.1053/j.jfas.2012.08.003.