



Post-Op Instructions for Shoulder Arthroscopy – Biceps Tenodesis

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing after surgery. Swelling and minor bleeding are normal after surgery.
- If you notice that there is blood showing through the dressing, please reinforce with additional dressings as needed.
- Remove surgical dressing on the second post-operative day. You may begin to shower the area at this point. Gently wash and rinse the area as tolerated and pat dry. Band-aids or a clean dressing should be applied and changed daily. The skin sutures will be removed at your first post-operative visit.
- If a separate biceps tenodesis incision was made along the front of the shoulder, it should be covered as well. Skin glue was used to aid close this separate incision, so it is normal for the glue to be sticky or flake off over time.
- NO immersion in a bath until given approval by our office.

MEDICATIONS

- Local anesthetics are injected into the wound and shoulder joint at the time of surgery. This will wear off over a period of 12-24 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease these side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative. If you are having problems with nausea and vomiting, contact the office to possibly have your medications changed.
- Do not drive a car or operate machinery while taking the narcotic medication or while in the sling.
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter acetaminophen (Tylenol) as directed on the bottle. This will help to decrease pain and decrease the amount of narcotic medication required.
- For 2 weeks following surgery take **one aspirin daily – 81 mg** to lower the risk of developing a blood clot after surgery. Please contact the office should severe distal arm pain occur or significant swelling of the distal arm and/or hand occur.



OrthoTeam Clinic

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ACTIVITY

- You are to wear the sling placed at surgery for a total of **4 weeks** as described by Dr. Rawal. This includes sleeping and throughout the day.
- If there are 24 hours a day, you should be in the sling 23.5 hours of the day. Removal for hygiene, dressing, and home exercise only.
- When sleeping or resting, inclined positions (ie: reclining chair) and a pillow under the forearm for support may provide better comfort **STILL IN SLING**.
- Do not engage in activities which increase pain/swelling. Unless otherwise instructed the arm should remain in the sling at all times.
- Avoid long periods of sitting or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician. **It is illegal to drive in a sling.**
- May return to sedentary work **ONLY** or school 3-4 days after surgery, if pain is tolerable.

IMMOBILIZER (if prescribed)

- Your sling with supporting pillow should be worn at all times (except for hygiene).
- Keep your elbow against the pillow and in front of your body at all times to minimize stress on the repair.
- Keep a pillow behind the elbow when lying down to prevent the elbow from sliding backwards.

ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- Use icing machine continuously or ice packs (if machine not prescribed) for 45 minutes every 2 hours daily until your first post-operative visit. Care should be taken with icing to avoid frostbite to the skin. **DO NOT PLACE ICE PACK / PAD DIRECTLY ON SKIN.**
- Icing should not be performed while sleeping.

EXERCISE

- Begin exercises (pendulums and **passive** elbow flexion and **gravity** extension without resistance) 24 hours after surgery unless otherwise instructed.
- While maintaining your elbow by the side, begin elbow, hand, and wrist exercises immediately.
- Formal physical therapy (PT) typically begins after you are seen at your first post operative appointment 2 weeks after surgery. A prescription and protocol will be provided.



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EMERGENCIES**

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in distal arm and/or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

If you do not already have a post-operative appointment scheduled, please contact our office at **608-231-3410**.

Typically, the first post-operative appointment following surgery is 7-10 days following surgery.

The first post-operative appointment will be with one of the Physician Assistants. They will assess the wound, go over post operative protocol, and answer any questions you may have regarding the procedure