

**POSTOPERATIVE INSTRUCTIONS -
SHOULDER ARTHROSCOPY WITH BICEPS TENODESIS**

Post-op

- **Sling x 4 weeks**
- **Begin PT @ 1 week**
 - o **Shoulder PROM**
 - o **Elbow Active extension**
 - o **Elbow Passive flexion**
- **Start AROM @ 4 weeks**

MOVEMENT AND BRACING

For the first 4 weeks after surgery, you should wear your sling at all times including while you are asleep. You may remove the sling to shower and to do passive range of motion exercises of the shoulder and elbow. No active range of motion of the elbow. Pendulum exercises of the shoulder and passive range of motion of the elbow as tolerated.

ICE

An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive the ice machine, you should ice the incisions several times a day, at intervals of 20 minutes on and off.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery. This medication will wear off in 5-6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the pain medication (Percocet), immediately when you get home from surgery. Take the pain medication every 4 hours until you go to bed.

You have been given an antibiotic medication. Please take this as prescribed until the completion of the medication.

A sleeping medication (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

DRESSING/BANDAGES

You may remove the large dressing on your shoulder and place band-aids over the incisions on the second post-operative day. The dressing on your arm should remain on until your post-operative visit. Please keep the incisions clean and dry. It is ok to shower after the shoulder dressing is changed to band-aids.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision site, or if there is increased drainage from the incision site.

APPOINTMENT

Please call the office prior to, or immediately following, your surgery in order to schedule a post-operative appointment. This should be scheduled 7-10 days after surgery. At that visit your stiches will be removed and you will be given a prescription for physical therapy.