



## Biceps Tenodesis (proximal)

### Post-Operative Instructions:

1. **DRESSINGS:** Your dressing may be removed in 2 days. There are sutures in the incisions, please keep covered. Do not bathe or submerge in water for 7-10 days. Showers are allowed, provided you can cover the incisions with waterproof band-aids.
2. **ACTIVITY:** You may only move the arm at the elbow and shoulder passively, while active motion of the wrist, fingers, pronation and supination (Palm up, Palm down) of the forearm is allowed. Overhead activity and lifting are not permitted. **YOU MUST WEAR THE SLING PROVIDED FOR YOU UNTIL YOUR FOLLOW-UP VISIT** (except for exercise, dressing and hygiene).
3. **MEDICATION:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications (narcotics), and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication.** If additional medication is required, please call our office during business hours.
4. **FOLLOW - UP:** You should call the office, (549-8249), the day after your surgery and make an appointment for follow-up 7-10 days from the date of your procedure. If you have any specific questions or concerns, let our secretary know, and we will get back to you.
5. **WORK:** You may return to work when comfortable. Be sure to follow the above activity instructions.
6. **QUESTIONS:** Please refer to frequently asked questions sheet.

## SHOULDER ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

You've had arthroscopic surgery today. Your shoulder joint and rotator cuff were evaluated thoroughly.

### I found in your shoulder:

\_\_\_ Bone Spurs      \_\_\_ Arthritis      \_\_\_ Bursitis/Tendonitis      \_\_\_ Ligament Damage/Instability  
\_\_\_ Rotator Cuff Tear      \_\_\_ Biceps tear (proximal)      \_\_\_ Cartilage/Labral Damage

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### I was able to:

\_\_\_ Shave bone spurs      \_\_\_ Clean Arthritis      \_\_\_ Remove Bursitis      \_\_\_ Repair rotator cuff tear  
\_\_\_ Repair ligament damage      \_\_\_ Repair/Shave cartilage damage      \_\_\_ Repair the biceps

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### Until I see you, you should:

\_\_\_ Use your arm normally      \_\_\_ Not lift or carry      \_\_\_ Move your elbow only  
\_\_\_ Wear your sling      \_\_\_ all the time      \_\_\_ for comfort only  
\_\_\_ Start physical therapy (a referral has been given)  
\_\_\_ Perform pendulum exercises

You should change your dressing in 2 days. Cover the portals with waterproof band aids. We will remove all stitches at your visit. You may shower at 48 hours but do not soak the incisions.

Pain is expected for several weeks. Use your medication for severe pain. Call if fever greater than 101 °and does not come down the use of Tylenol or Advil, or if infection is noted. Call 549-8249 for office visit **7-10** days after surgery. If you want to return to work before your next visit, call the office.

