



Post-Operative Instructions

Shoulder Arthroscopy with Biceps Tenodesis

Please read all instructions carefully and ask for clarification if necessary

ACTIVITY

Please keep arm in sling **at all times** until first follow-up visit

- You may remove the sling to get dressed, for personal hygiene (showering/bathing) and for exercises (see below)

You should wear sling throughout the day and at night to sleep

- You may sleep in whatever position is most comfortable for you as long as you are wearing your sling

DO NOT lift or curl anything with your operative arm

- Limit active motion of the elbow and shoulder until instructed by surgeon

You **MAY NOT** drive until you are cleared to do so at one of your post-operative visits

You may progress to your normal diet as tolerated

DRESSING/WOUND CARE/SHOWERING

After arthroscopic surgery it is normal to have bleeding and/or drainage that may soak through the dressing in the first few days following surgery

- **DO NOT BE ALARMED** as this can often appear to be blood, however any drainage is typically arthroscopic fluid mixing with a few drops of blood
- If necessary, **you may reinforce your dressing with gauze and tape**
- It is also expected that your shoulder will be very swollen and bruising can occur. This swelling may occur from the shoulder to the hand for the first week or so

Please remove your dressing on the **SECOND DAY after your surgery**

- **Do not** remove any sutures, they will be removed at your first post-operative visit

You may shower after you remove the dressing on the **SECOND DAY after your surgery**

- **Do not** let the water directly hit your shoulder
- Pat shoulder dry after showering and cover incisions with dry dressing or Band-Aids
- **NO LOTIONS, OINTMENTS OR CREAMS** should be used over incisions

****DO NOT SUBMERGE YOUR INCISIONS IN A BATH, POOL, ETC****

COLD THERAPY

You should ice the shoulder every hour for 20 minutes at a time for the first 2 days, then on an as needed basis after the first 48 hours

- **Avoid direct skin contact with the ice and exposure longer than 20 minutes as this can lead to frostbite**

MEDICATIONS

You may begin taking your prescription pain medication (below) upon arriving home and should continue taking it every 4-6 hours as needed for pain

- **Percocet 5/325** (Oxycodone 5mg with Acetaminophen 325mg): Take 1 tablet every 4-6 hours as needed for pain
- You may take 2 tablets if pain is severe
- *****DO NOT take additional Tylenol with the Percocet*****

You will also have a prescription for:

- **Zofran** (Ondansetron): For nausea as needed
- You may take Advil (2 pills three times per day) or Aleve (2 pills twice a day) to help minimize inflammation, soreness and swelling

DO NOT DRIVE a vehicle or operate any machinery while taking narcotic pain medication

DO NOT drink alcohol while taking narcotic pain medication

Try to **take the above medications with food** to help prevent any stomach irritation

You may also take an **over-the-counter stool softener** (such as Senna, Dulcolax or Colace) to help prevent constipation from the narcotic pain medication

If you have **any adverse or allergic reactions** to medications, stop them and call the office

****Please note, if you had a nerve block this will likely wear off within 24-48 hours of surgery. It is advised to begin taking your pain medicine before the block fully wears off****

FOLLOW-UP

You should have your first post-op visit scheduled for **one week** after surgery

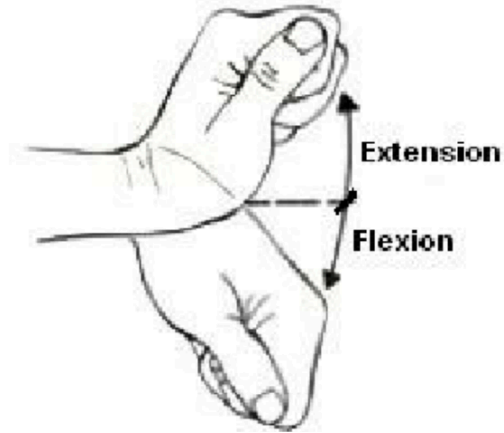
- If you do not have an appointment, please call our office **(860-533-4692)** to schedule

Please call the office (860-533-4692) if you experience any of the following:

- Fever over 101° (low-grade fevers are common after surgery)
- Non-stop drainage or bleeding from incisions that soaks through multiple dressings
- Excessive pain that is not being controlled with medication
- Chest pain or difficulty breathing
- Excessive redness or discharge from incisions

EXERCISES

WRIST FLEXION/EXTENSION



Actively flex and extend wrist as far as you can, performing 10-15 repetitions, three times a day