



**POST-OPERATIVE INSTRUCTIONS**  
**PROCEDURE: SHOULDER ARTHROSCOPY AND BICEPS**  
**TENODESIS OF SHOULDER**

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from the surgery center/hospital. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Oxycontin, Norco, Vicodin, or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
  
- Dressings: You may leave the dressing intact until you return for your post-operative visit. If dressing becomes uncomfortable, you may remove it no earlier than 3 days after surgery and apply Band-Aids over the arthroscopic sutures and dry/sterile gauze over the larger incision. (For example, if surgery was on Thursday, do not change the dressing until Sunday.) Keep incision dry and clean until sutures are removed at your first post-op visit. Do not get the incisions wet until you have been seen by your surgeon and given approval for showering. You will not be able to soak the incision in a bath, pool, or body of water for 4 weeks.
  - When doing a dressing change, DO NOT remove the steri-strips (small ½ inch adhesive strips over incisions) if present. These will gradually fall off over time or be removed/replaced at your post-op visit.
  
- Sling: Use at all times. No active range of motion of elbow and keep elbow at 90 degrees to protect the biceps tenodesis repair.
  
- Cold Therapy Machine: Begin use the day after surgery if provided. Use it three times a day at the manufacturer's setting for one hour each session. Always make sure to apply a barrier between the cold pad and your skin. If you have not been provided with a cold therapy machine, apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake.

- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.
- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing pain at the surgical site
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
    - Drainage from your incision lasting >5 days