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

### **SLING/MOVEMENT**

For the first 4 weeks after surgery, you must **always wear your sling including while you are asleep**. You may only remove the sling to shower and for physical therapy (which will begin after your first post-operative visit).

Avoid flexion and extension of the elbow (outside of physical therapy) as this could damage the repair.

### **ICE**

An ice machine will be provided to you for after 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 an ice machine – you should use ice packs over the surgical site regularly.

### **MEDICATIONS**

Nearly all patients will receive 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 (i.e. the arm). 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, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day. You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 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.

Do not take a bath or submerge your shoulder in water until your incisions are checked at your first post-operative visit.

### **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 sites, or if there is increased drainage from the incisions.

### **APPOINTMENT**

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

**If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on [laorthos.com](http://laorthos.com).**

