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**Post-Operative Patient Instructions
Arthroscopic Biceps Tenodesis Repair**

- MEDS:** You will be given a prescription for pain medicine. Have this filled at your pharmacy. The pain medication may be taken every 6 hours for pain if needed. Unless contraindicated, anti-inflammatories (NSAID's) are also recommended to help with pain and swelling. While taking the narcotic pain medicine do not drive.
- ICE:** An ice pack should be used regularly after surgery for 20 minutes at a time, this will help reduce swelling and pain. Using ice regularly will help with less narcotic use.
- WOUNDS:** You will have a bandage on your shoulder. You may remove the bandage in 2 days. There will be small tapes covering each of your surgical wounds. Do not worry about these bandages and shower normally. These bandages will fall off on their own. The incisions may be sore and develop bruising over the next several days. This will go away and no special care is needed. There is no need to put a new bandage on.
- BATHING:** It is safe to shower 2 days after surgery. To shower, remove the sling and leave your arm by the side. To wash underneath your armpit, lean forward and allow your arm to gently fall away from your body. Wash the incision with regular soap and water. Do not submerge the wound under standing water.
- ACTIVITY:** You will have a sling to support your arm. When you are at home, you may come out of the sling to move your hand, wrist, and elbow as much as you want. You can use your hand to write and eat as long as there is no pain. As pain allows you may raise the arm. Do not lift any objects heavier than a coffee cup. You only need the sling on when you are sleeping and when you go out in public.
- CAUTIONS:** If you develop a temperature, a significant rise in pain that does not get better with medication, or notice redness or drainage from your wound, please contact the office.
- NEXT APPT:** Call the office to make your post-op appointment 7-10 days after surgery.

Nurse Signature

Date

Patient Signature

Date