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### **Instruction Sheet following Biceps Tenodesis**

#### **Sling:**

Wear your sling at all times after your surgery (this includes sleeping). There are no exceptions to this rule—it is very important. You will need to wear the sling at all times for about 4 weeks from the date of surgery. This is not related to your level of pain but related to the healing process of the repair. Additionally, you should not carry anything heavier than a pencil in your hand, and you should avoid gripping and grasping anything to avoid straining the biceps.

#### **Dressing:**

Remove all white dressings 48 hours after surgery. Keep the yellow, rubbery bandage nearest your armpit ON—this may stay on for up to 2 weeks and is waterproof (you may shower over this bandage). You do not need to put a new dressing on your smaller incisions, but should place a Band-Aid over each of the stitches.

#### **Showering:**

You may shower 48 hours after surgery. Please use CAUTION!! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or lightheaded. Do not submerge (in a bathtub, pool, etc.) your stitches under water until the doctor tells you it is okay to do so. After showering, pat the wound dry and apply fresh Band-Aids. While in the shower, you may allow the arm to gently hang by your side. Be sure not to try to use or lift the arm to wash yourself.

#### **Ice:**

Apply ice to the shoulder for 20 minutes at a time throughout the day to minimize swelling and discomfort. Allow 20 minutes for the shoulder to warm up after icing before repeating the cycle. You may repeat this cycle as much as you'd like. If you have a cryocuff you may keep this on continuously.

#### **Follow-up visit:**



You need to see the doctor 10-14 days following surgery for your first post-op visit. At that time, your sutures (stitches) will be removed. If you were sent home from surgery with a prescription for physical therapy, start 2 days after surgery. If not, you will be given a therapy prescription at your first post-operative visit. Please call the office to arrange your post operative appointment if it hasn't already been made.

**Common Concerns:**

1. Bruising and/or swelling of shoulder, arm, or hand are common after surgery and will continue to develop and may change patterns as time goes on. Do not be alarmed by this swelling and/or bruising anywhere along the arm.

**Please call immediately if:**

1. Any oozing or redness of the wound, fevers (>101.3 degrees F), or chills.
2. Any difficulty breathing or heaviness in the chest.

**REMEMBER - these are only guidelines for what to expect following a biceps tenodesis. If you have any questions or concerns please do not hesitate to call the office.**