



Post Operative Instructions: Rotator Cuff Repair with Biceps Tenodesis

ACTIVITY

- Please keep a sling on. You may remove it for hygiene and for exercises, which include moving the elbow and wrist with the elbow tucked into your side.
- You may not reach out (forward or to the side), up, or behind you. Please keep your elbow tucked into your side.
- You may not push, pull, lift, carry, or climb until after follow-up.

DRESSING & INCISIONS

- A small amount of red-tinged drainage on the dressing during the first 2 days is normal.
- Keep the dressing clean and dry; protect it while bathing or showering.
- Do not apply Bacitracin or other ointments.
- Avoid soaking in pools, lakes, hot tubs, or the ocean until sutures are removed and the incision is fully healed.

PAIN & INFLAMMATION

Ice

- Apply ice wrapped in a dry towel 20 minutes at a time, several times per day for the first week, then as needed.

Swelling- You may notice that your fingers will get swollen if your arm is hanging by your side for long periods of time, keep your arm **elevated above your heart** as much as possible for the first 2 to 3 days.

Pain Medications

- Take your prescribed medications as directed.

Tylenol (Acetaminophen)

- First-line for pain.
- Take 1000 mg every 6-8 hours.
- Do not exceed 1000 mg per dose or 4000 mg per day (limit to 3000 mg/day if you have liver issues).
- Do not drink alcohol while taking Tylenol.

Oxycodone

- For moderate to severe breakthrough pain only.
- Use sparingly and wean off as soon as possible.

Common side effects include:

- Nausea: Take with food.
- Drowsiness: Do not drive or operate machinery.
- Itching: Benadryl may help.
- Constipation:
 - Use stool softeners (e.g., Senna-Docusate) or OTC options (Mineral Oil, Milk of Magnesia, etc).
 - Avoid bananas, rice, apples, toast, and yogurt (may worsen constipation).
 - Light walking helps stimulate bowel function.

Refills:

- If you think you will need a refill, you must request it during regular weekday office hours.

EMERGENCIES

You must have someone stay with you during the first 48 hours after surgery.

Call the clinic or the on-call orthopedist if:

- Drainage soaks the dressing, increases, smells foul, or if incisions become red, warm, or very painful.
- You develop a fever $>101.5^{\circ}\text{F}$ or chills.
- You experience leg or calf pain, swelling, or difficulty breathing.

FOLLOW-UP CARE

- Schedule a follow-up appointment at ~2 weeks postoperatively for a wound check, suture removal, and review of your surgery (if not already scheduled).

EXERCISES

Once your pain is controlled and you feel comfortable, you may perform the following exercises (**10 reps each, three times daily**). It will help you to take your pain medication 20 to 30 minutes prior to the exercises:

1. **Grip strengthening:** With the arm in the sling, grip a rubber ball, an old tennis ball, or a beanbag. Hold for 5 seconds and release.
2. **Shoulder shrugs:** Shrug your shoulders up towards your ears and hold for 10 seconds.

3. Shoulder Rows:

1. Keep your arm close to your body.
2. Pull your shoulders forward by rounding your back. Hold for 5 seconds.
3. Slowly unround your back and stand normally.
4. Pull your shoulders back by trying to "pinch" your shoulder blades together. Hold for 5 seconds.
5. Repeat

