



**POST-OPERATIVE INSTRUCTIONS:
ARTHROSCOPY WITH SUBACROMIAL DECOMPRESSION AND BICEPS TENODESIS**

ACTIVITY/SLING

- Please keep a sling on. You may remove it 2-3 times a day to bend your elbow and wrist (as noted below).
- **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.**

DRESSINGS & INCISIONS

- The first two days after surgery you can expect a small amount of red-tinged drainage on your dressings. This is normal.
- Please keep the dressing clean and dry; if you are going to shower/bathe, you must protect the dressing. You may not swim in a pool, lake, hot tub, or the ocean until the sutures have been removed.
- You may remove the dressing 4 days after surgery (white foam tape, white gauze pads, yellow gauze tape). **You may shower after dressings have been removed**
- You may apply Band Aids® over the incisions.
- Please do not use Bacitracin® or other ointments on the incisions.

PAIN & INFLAMMATION

- **Ice** - Apply ice bags wrapped in a dry towel several times per day for 20 minutes for the first week and then as needed for pain relief and inflammation.
- **Compression** - Use an ace wrap or the white stocking to decrease swelling. The white stocking should be worn for 5-7 days to prevent blood clots and decrease swelling in your knee.
- **Elevation** - Keep your foot **elevated above your heart** as much as possible for the first 3 to 4 days. Keep your leg elevated with a pillow under your calf or foot, **NOT under the knee.**
- **Pain Medication**- You have been given a prescription for pain control; please take as directed.
 - If you think you will require a refill on your medication, you **MUST** do so during our regular **weekday** office hours.
 - If you need additional pain medication you may take Tylenol 500-650mg every 4-6 hours. Do not take more than 3grams or 3000mg in a 24 hour period!
 - Common side effects of the pain medication are:
 - **NAUSEA:** To decrease nausea, take these medications with food.
 - **DROWSINESS:** Do not drive a car or operate machinery.
 - **ITCHING:** You may take Benadryl to alleviate any itching.
 - **CONSTIPATION:** To decrease constipation, use the stool softener provided (Docusate 250mg) or over-the-counter remedies (Mineral Oil, Milk of Magnesia, etc). Also avoid bananas, rice, apples, toast, or yogurt...as these foods can make you constipated. Getting up and moving around also helps with constipation and "waking up" your intestinal tract.
- Anti-inflammatory medications (Aleve, Ibuprofen, Naproxen, etc.) should **not** be taken for 2 weeks after surgery.

EMERGENCIES

- Please have someone stay with you for the first 24 hours after surgery
- Please call the clinic or the orthopaedist on-call if:
 - Drainage from the incision soaks the dressings, expands, is foul-smelling; or your incisions are red, warm, and extremely painful
 - You develop a fever (>101.5°) or chills.
 - You experience leg or calf pain, leg swelling, or difficulty breathing.

FOLLOW-UP CARE

- Please **schedule a follow-up appointment** for suture removal, x-rays, and to review your surgery 7-10 days postoperatively.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE (760)924-4084.

EXERCISES

- **Pendulum:** Lean forward at your waist. Let your arm hang down towards the floor. Trace small letters of the alphabet or swing your arm in a small circle. The arm movements must be **PASSIVE!** (Do not use your muscles to lift/move the arm). Make the letters bigger daily by a small amount. (Shoot for 45 degrees of forward motion and 45 degrees of sideways motion **PASSIVELY**).
- **Grip strengthening:** With the arm in the sling, grip a rubber ball, old tennis ball, or beanbag. Hold for 5 seconds and release.

- **Shoulder Shrugs:**

- Keep your arm close to your body.
- Shrug your shoulders upwards and hold for 5 seconds.
- Slowly lower your shoulders
- Repeat



- **Shoulder Rows:**

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

