

## SHOULDER ARTHROSCOPY - Biceps Tenodesis

Procedure Name:

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Date: \_\_\_\_\_

Anesthesia:  General  Sedation  Block \_\_\_\_\_

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are up. **A responsible adult must be with the patient for 24 hours following surgery for safety and falls prevention.**
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- **Nerve Block** If you have had a nerve block, be sure to start taking your pain medication as you feel sensation returning to your operative extremity. Typically, a nerve block will last between 8-24 hours from the time of injection. Notify your surgeon if the nerve block lasts more than 48 hours. Do not use your operative extremity until the nerve block has worn off.

**\*\*In the event of a medical emergency, dial 911 or go to the nearest emergency department**

**Report to your surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia, Excelsior, or Edina (Sun-Sat 8am-8pm) for any of the following:**

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash, or intolerance (Stop medications)
- Redness, warmth, or extreme pain in the calf

### POST-OP SHOULDER SUPPORT

- Always wear your sling, day and night. You may remove the sling to bathe or for exercises.
- Always use abduction splint (pillow attachment), day and night. You may remove the splint for up to 45-60 minutes to bathe. During that time, you may bring the arm completely down to the side.

### SLEEPING

- After your shoulder surgery, you may sleep more easily in a recliner or propped up on several pillows in a semi-sitting position. This is commonly noted for 4 weeks week following surgery. You may sleep flat on your back when you feel comfortable.

### DRESSING

- Change dressing daily beginning 2 days after surgery. Re-dress with light gauze covering. You may leave the wound uncovered when dry if you wish. Be alert for signs of possible infection: redness, swelling, heat, red streaks, or elevated temperature (over 101 degrees F). Contact your doctor if any of these occur.

**PAIN CONTROL**

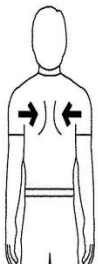
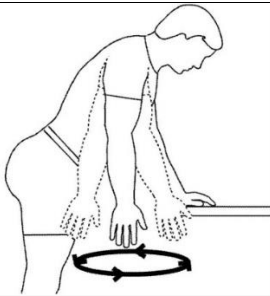
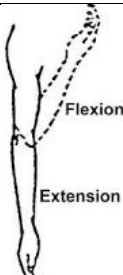
- Begin your first pain medication early. Do not let your pain become too severe.
- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time per hour. **Do not place ice directly on skin or it may cause a burn.**
- Call the clinic for pain prescription refills. Prescription refills are not ordered over the weekend or after hours.
- DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATIONS and until instructed by your physician.
- Avoid constipation; take Colace (docusate sodium) 100 mg. 1-2 times daily as needed while taking narcotics.

**DOCTOR'S POST-OPERATIVE APPOINTMENT**

- Call (952) 442-2163 to make your follow-up appointment for 10-14 days post-op.

**EXERCISES**

You may begin shoulder mobility exercises day two post-op. Descriptions and illustrations of your exercises are on the other side of this sheet.

<p><b>Shoulder blade squeezes</b></p>	<ul style="list-style-type: none"> <li>• Stand with arms at sides.</li> <li>• Squeeze both shoulder blades together.</li> <li>• Relax and repeat.</li> </ul> <p>Perform 3 sets of 20 Repetitions, three times a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	
<p><b>Shoulder pendulum</b></p>	<ul style="list-style-type: none"> <li>• Lean over table as shown, supported by uninvolved arm.</li> <li>• Allow involved arm to hang freely.</li> <li>• Use trunk movement to swing arm in circles, side to side, and front to back, as shown.</li> </ul> <p>Perform 3 sets of 20 Repetitions, three times a day.</p> <p>Rest 1 Minute between sets.</p>	
<p><b>Elbow Range of Motion</b></p>	<ul style="list-style-type: none"> <li>• With arm resting at the side, slowly bend your elbow and move your hand towards your mouth</li> </ul> <p>Perform 3 sets of 20 repetitions, three times a day</p>	

**Other Instructions:**

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Nurse \_\_\_\_\_

Patient/Responsible Adult \_\_\_\_\_