



## POSTOPERATIVE INSTRUCTIONS ARTHROSCOPIC/OPEN BICEPS TENODESIS

### DIET:

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

### WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing on the second post-operative day – if minimal drainage is present, apply waterproof band-aids over incisions and change daily
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your sling starting the day after surgery – NO immersion of operative arm (i.e. bath, hot tub, swimming pool)

### MEDICATIONS

- Pain medication is injected into the wound and shoulder joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle
- Primary Medication = Norco (Hydrocodone)
  - Take 1 – 2 tablets every 4 – 6 hours as needed
- Max of 12 pills per day
- Plan on using it for 2 to 5 days, depending on level of pain
- Do **NOT** take additional Tylenol (Acetaminophen) while taking Norco
  - Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
    - Zofran (Ondansetron) has already been called into your pharmacy for nausea if needed.
    - If constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed ((843) 654-8868 – ask for Nicole Fava, Dr. Haro's PA)
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 400-600mg (i.e-. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys', reduce overall amount of pain

medication required, and increase the time intervals between narcotic pain medication usage

### **ACTIVITY**

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### **IMMOBILIZER**

- Your immobilizer should be worn at all times except for hygiene and exercise

### **ICE THERAPY**

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep arm supported while icing
  - The IceMan device may be used.
  - Use unit as frequently as tolerated x 14 days
  - If braced\* - Loosen brace to avoid added pressure

### **EXERCISE**

- You may begin wrist and hand range of motion on the first post-operative day about 2-3 times per day
- NO ACTIVE flexion of the elbow for 6 weeks after surgery.
- Formal physical therapy (PT) will begin after your first post-operative visit.

### **\*\*Emergencies\*\***

- Contact Dr. Haro or Nicole Fava PA-C at (843) 654-8868 or by email [HaroPA@southeasternspine.com](mailto:HaroPA@southeasternspine.com) if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist, hand or lower extremity
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting
- **\*\*If you have an emergency after office hours or on the weekend, call (843) 654-8868 and you will be connected to our on call service. Do NOT call East Cooper Hospital or the Surgery Center.**

- \*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

**Follow-Up Care/Questions**

- Nicole Fava, PA-C (Dr. Haro's Physician Assistant) will call you on your first day after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please email [HaroPA@southeasternspine.com](mailto:HaroPA@southeasternspine.com) or call (843) 654-8868
- If you have additional questions that arise at any time, whether for Dr. Haro or Nicole, please send an email to [HaroPA@southeasternspine.com](mailto:HaroPA@southeasternspine.com) or call (843) 654-8868.
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours.