



Shoulder Arthroscopy with Biceps Tenodesis Post-Operative Orders

Dr. Abigail Hamilton, MD

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- 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 an emergency room

Diet:

- Eat your usual diet. Start with something light like soup or crackers.

Sling:

- You may remove your sling at any time after the feeling has returned in your arm, usually in a day or two after the procedure
- You should wean out of the sling from full time use to 2-3 days after your surgery except for using it to rest your shoulder intermittently thereafter as needed

Activity:

- Please start the pendulum exercises the day after your surgery
Make sure your back is parallel to the floor when doing these exercises
Do these exercises 3 times a day for 5-10 minutes at a time
- You may use your arm for any activity that you can tolerate
- Do not lift 5 pounds over head for 4 weeks after surgery. You cannot lift over 10 pounds for 4-8 weeks post-op. No resisted supination for 8 weeks after surgery (supination is the motion of screwing a screwdriver)
- You may ice the surgical shoulder at any time to help with pain control and swelling

Medications:

- Resume all of your home medicines.
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed.

- If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain.
- If you are prescribed Percocet or Norco, these medications already contain Tylenol and you should not take Tylenol while you are taking these medications.
- Pain medication will be refilled on an as needed basis. **Please call for refill when you have 10-15 pills left.**
- Taking an anti-inflammatory medication (NSAID) is recommended as long as you have no medical contraindication to do so. These include ibuprofen, motrin, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over the counter medication.
- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This medication can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).

Wound Care:

- Keep your wounds dry for 2 days after surgery
- You may remove all the gauze and tape on the second day after surgery
Leave the Steri-strips on your wounds- these will fall off with time
You do not need to reapply a dressing over your wounds as the Steri-strips suffice
- After you have removed the dressings you may shower over your wounds. Do not scrub the wounds, simply let the water run over them and pat dry
- You may get some bloody drainage from your wounds the evening of your surgery. This is some of the long-acting numbing medicine that was injected, as well as some of the fluid from the arthroscopy. This is nothing to be concerned about. If this happens, please reinforce your dressing as needed

Follow-up appointments:

- Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 520-784-6211 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/ time of the appointment.
- Make sure you have an appointment with a physical therapist. If you do not, please call 520-784-6570 and get in as soon as possible.

Please call the office between 8:00 am – 5:00 pm at 520-784-6211, or the After Hours Clinic at 520-784-6441, if you experience any of the following:

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***

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