

Biceps Tenodesis Post-Operative Instructions

1. Remove the dressing on the third day after surgery unless saturated with fluid, in which case you may either reinforce the dressing with more gauze or change the dressing. You may shower at this time if the wounds are dry and not draining. Please allow your arm to hang at your side while showering and immediately place arm back in sling. Pat incisions dry after showering and apply gauze pads or Band-Aids to sites as necessary. If you have Steri-Strips on your incisions, leave them on until they fall off on their own or remove in 10-14 days.
2. You must wear the sling at all times except showering until further instructions are provided during your first post-op visit. You may remove your arm from the sling for brief periods – you may allow your arm to straighten at your side and bend the elbow and wrist. No lifting or shoulder movement.
3. You will be given a prescription for pain medication and antibiotic after your surgery.
4. You will not be able to safely drive at this time.
5. If you do not have a post-operative appointment or have any questions or problems, please call the office during regular office hours.
6. Physical therapy will usually begin 5 weeks after surgery.
7. Take Colace twice/daily while on pain medication to avoid constipation.

