

**POST OPERATIVE PATIENT INFORMATION**  
**FOR SHOULDER ARTHROSCOPY:**  
**Biceps Tenodesis**

The inside of your joint and burse was visualized with the arthroscope and a debridement of damaged tissue and a Biceps Tenodesis was performed. Please read the following information carefully.

**BANDAGES:** The bandage applied to your incisions may become moist or bloodstained, however this is normal and results from fluid placed in the joint during surgery. If your bandage becomes saturated with bright red blood, please call me. Keep this dressing in place for 72 hours. You may then remove the bandage and shower, but do not soak or submerge the joint (such as a taking a bath, going swimming , or sitting in a spa) until you have seen me in the office one week postoperative. Do not remove the tapes overlying your incisions. After showering, please apply band-aids to each incision. It is normal to have some swelling, drainage and minor redness at the incisions.

**ACTIVITY:** You may move your arm about at your side as comfort allows immediately after your surgery. Remove your arm from the sling several times a day to bend and straighten your elbow to prevent stiffness and decrease discomfort. Do not lift more than ½ pound in the hand of your repaired shoulder. Use your sling to support the arm when it feels sore or tired and for sleep at night. When sitting up in a chair during the day, you may remove your arm from the sling and lay it in your lap or at your side.

Note: Some patients have found it uncomfortable to lie down for sleep the first few nights after surgery and have found it more satisfactory to sleep in a recliner chair.

**PAIN CONTROL:** You're shoulder will be uncomfortable after your surgery. To reduce this pain, a local anesthetic has been injected into your shoulder which may also produce some temporary numbness in your shoulder or arm. Use the cooling device provided as much as possible for the first 72 hours after your surgery. You have been provided with medication for pain relief; use it as instructed and please take it with food to avoid stomach upset. If the medication gives inadequate relief or you run out, please call my office during office hours (prescriptions are not renewed on weekends).

**PRECAUTIONS:** If you develop a fever of 101 degrees Fahrenheit or greater, if the pain you feel is much greater than expected, or if you develop severe redness and swelling, please call my office. (In most cases there is some redness and swelling, but I am referring to more than you would expect after reading the previous information.) If you develop a reaction to the pain medication provided, stop taking it and call my office. Please avoid direct sunlight on the incisions until the scars are no longer red.

Note: I feel it is appropriate to remind you that although the incisions are small, you have nonetheless had a major operative procedure within your shoulder joint. Complete healing and recovery will take several months, therefore a graduated rehabilitation program will be initiated after your first postoperative office visit. I will supervise and modify this program as necessary based upon your individual rate of healing and recovery.

Thank you for trusting me to provide your medical care for your shoulder disorder. If you have suggestions on how I might improve your recovery, please discuss this with me at our office appointment.

 Scott Fischer MD