



Post-Operative Instructions

Shoulder Arthroscopy and Biceps Tenodesis

No Rotator Cuff Repair

WOUND CARE

- Remove surgical dressings 3 days after your surgery. Please leave the steri-strips covering the surgical site intact.
- Leave incisions open to air.
- After removing the dressings, shower as normal letting warm soapy water run over the incisions.
- Do NOT submerge your incisions in water (i.e. in a bath tub or pool).
- A small amount of drainage from the incisions is common. If this occurs, cover area with a Band-Aid. If there continues to be drainage, call the office 401-218-6005
- Swelling in the forearm and wrist is common. To decrease swelling, elevate the forearm using a pillow and ice 20 minutes on/20 minutes off at least 3-4 times a day.

ACTIVITY

- Absolutely NO lifting.
- Use your sling at all times especially when leaving the house to prevent injury.
- You may remove your sling to work on gentle range of motion exercises 2-3 times per day. Your exercises include: gentle pendulum movements, and bending and straightening your elbow.
- Formal physical therapy usually begins 2-4 weeks after surgery. This will be addressed at your first post-op appointment.
- Sleeping upright in a reclining chair or upright in bed with supportive pillows behind your shoulder may be the most comfortable position for the first 3 weeks following surgery.



PHYSICAL THERAPY

- Physical therapy will begin between 2 and 4 weeks following your surgery. We recommend 2-3 sessions per week for 4 to 6 weeks to start. It is important to wear your sling it at all times outside of your home for the first 3 to 4 weeks.
- Weeks 4 to 6 will consist of exercises which will help to increase your range of motion. This can be tedious and frustrating, but is very important to listen to your therapist and orthopedic provider.
- Weeks 6 to 12 will consist of strengthening exercises.

PAIN MANAGEMENT

- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform the physician or PA prior to the procedure.
- For instructions on refilling a prescription, please read our **Prescription Refill Policy**.
- Take the medication as prescribed. **Use the least amount of narcotic pain medication as possible.**
- Use Ibuprofen (ex. Advil) 200-800mg up to four times per day to help with pain and swelling in addition to narcotic pain medicine. **(Do not exceed greater than 3200 mg of Ibuprofen daily)**
- Call the office if you continue to have uncontrollable pain.
- To help with swelling and pain, ice as often as possible. Ice 20 minutes on and 20 minutes off.
- If you received a block during surgery, this will typically wear off in 8-12 hours. To prevent waking up in severe pain the first night of surgery, we recommend taking pain medication prior to bed.

EMERGENCIES

Call the office at (401-218-6005) if you experience the following:

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



- Incision opens
- Increased redness at surgical site
- Foul drainage from surgical site (pus or blood tinged)
- Pain uncontrolled by pain medicine
- Painful swelling despite elevation and icing
- Fever > 101° F for 24 hours or shaking chills
- Difficulty breathing

FOLLOW-UP CARE/QUESTIONS

- You should have a post-operative appointment scheduled approximately 2 weeks after your surgery. If not, please contact the office at 401-218-6005 to schedule an appointment.

Prescription Refill Policy

401-218-6005



Our office requires **72-hour business hours for all prescription requests**. We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

Your request requires **one clear and detailed message on 401-218-6005**, with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.

Thank you in advance for your patience and cooperation.