

OPERATIVE INSTRUCTIONS

Biceps Tenodesis

Michael F Shepard M.D.

(714) 634-4567

1. First Post – Operative Day

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**
- C. Keep elbow elevated above the heart to prevent excessive swelling.**

2. Second Post – Operative Day Until Return Visit

- A. Continue ice pack as needed.**
- B. You may shower this evening. You will need to keep your wound dry by covering wound with water-proof band-aids when taking a shower.**
- C. Use your sling as needed for comfort. No active biceps exercises. No carrying any weight in the operative hand.**

3. Suture Removal

- A. Your sutures and splint will need to be removed 7 – 10 days from surgery at your first post op visit.**

For Return Appointments

- 4. Your 1st post-op visit will need to be scheduled for 7-10 days after surgery.**
- 5. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**