



**STERLING RIDGE
ORTHOPAEDICS
& SPORTS MEDICINE**

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Post-Operative Instructions – BICEPS TENODESIS / TENOTOMY

- Patients are allowed to shower the day after surgery (if no drains or pain catheter) with no submerging of wound until 3-4 weeks after surgery
 - a. Shower only
 - b. Wait 24 hours after drain is pulled (if used) to shower
- Wound to be covered at all times with Band-Aids, except while showering. Remove Band-Aids before showering. Allow to air dry. Re-apply new Band-Aids.
- No ointments, lotions or patches are to be applied to wound
- 1st post-op appointment will be the day after surgery or 1st day clinic is open after surgery
 - a. Dressing change and skin inspection
 - b. Review of pictures and procedure performed
 - c. 1st physical therapy appointment will be scheduled for you
- 2nd post-op appointment will be 7-10 days after surgery
 - a. Remove sutures
 - b. Apply Steri-Strips
- ARC sling will be worn at all times except when showering
 - a. Will be worn on average for 4-6 weeks after surgery
- Physical therapy will start 4-6 weeks after surgery
 - a. Avoid overhead activity and lifting until cleared by physical therapist or doctor
- Icing
 - a. Days 1 & 2: 20 minutes every hour
 - b. Day 3: 10-20 minutes as needed