



Post-op Instructions for Biceps Tenodesis Surgery

Dressing Changes:

1. You may shower 3 days after surgery. Otherwise, keep the incision clean and dry.
2. Prior to shower, you should cover the incision with a waterproof dressing. These can be obtained from your local pharmacy, HEB, Walmart, etc.
3. After the shower, you should change the dressing.
4. You will notice a mesh-type dressing over the incision. This will fall off on it's own. DO NOT pull off.

Shoulder Immobilizer:

1. Shoulder immobilizer should be worn at all times other than to shower. You will be in the shoulder immobilizer for 4-5 weeks (per Dr. Sayeed's/PA Sandquist's discretion).
2. The picture below is a good example of positioning of shoulder immobilizer. If you are unsure if you are wearing your shoulder immobilizer correctly, please call the office.



3. You should wear the shoulder immobilizer when you sleep as well. It is best to do this in a recliner or with an inclined bed or with multiple pillows behind your back.

Exercises:

1. There are no exercises if you had a biceps tenodesis.
2. You must wear the shoulder immobilizer at all times.
3. Do not straighten your elbow.

Pain Control:

1. Take your Tramadol or Tylenol #3 with Codeine (Acetaminophen/APAP with Codeine) every 6 hours. If pain is not well controlled with one tablet, you may increase to 2 tablets.

***Note:** If you have any questions, you may call the office at (210)696-2663.