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POST OPERATIVE INSTRUCTIONS
SHOULDER ARTHROSCOPY RCR & BICEPS TENODESIS

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to shoulder every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours.
- D. Remain in your sling at all times, including sleep. Avoid any use of the surgical arm to allow for biceps relaxation and healing. Do not raise your elbow to shoulder level.
- E. Make sure that you have a post-op appointment scheduled at least 10 days to 14 days after surgery. Remain in the sling until then.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Remain in your sling at all times, except for showering.



3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Pain medication as needed.
- C. You may remove your bandage from the surgical area and shower this evening. You may remove the large bulky gauze dressings, but DO NOT remove steri strips (thin white strips under the gauze) from incision sites - these keep incisions closed and stitches in place.
- D. You will need to keep your incision site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Keep your arm relaxed at your side while showering (as if still in the sling). Use your non-operative arm for personal hygiene and dressing activities.

NOTE: Your shoulder will be very swollen. It may take a week or longer for this to resolve. It is also common to notice burning/aching around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify our office. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.

4. Suture Removal

Your sutures need to be removed 10-14 days from surgery at your first post op visit.

For Return Appointments

- Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.
- If you have any problems or questions please call our office at (714) 937-2117 and ask for LINDA during office hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Grumet.
- Please refer to website: www.robertgrumetmd.com for shoulder exercise videos. (patient info tab → video & stretches)
- 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.