

Post-Operative Patient Information
ARTHROSCOPIC BICEPS TENODESIS
Cyrus M. Press, M.D.

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PAIN: You will be given a prescription for pain medicine. Have this filled at your local pharmacy or where your insurance plan has made arrangements. These may be taken every 4 hours for pain if needed. An ice pack should be used regularly after surgery for 20 minutes at a time for the first week. This is very important and will help reduce swelling and pain while limiting the medication you will need.

ACTIVITY: You may move your hand, wrist, and elbow as much as you would like. It is safe to write, type and use your arm as long as your elbow is at your side. Do not lift any objects heavier than a coffee cup. Do not drive while on pain medication.

SLING: A sling is necessary to support the weight of the arm. It should be worn at all times in public, during the day, and even while sleeping. When you are at home and seated, you may remove the sling and rest the arm on a pillow.

WOUNDS: You will have a bandage on your shoulder. You may remove the bandage in 3 days. There will be small tapes covering each of your surgical wounds. Do not worry about these bandages and shower normally. These bandages will fall off on their own. The incisions may be sore and develop bruising over the next several days. This will go away and no special care is needed.

BATHING: You may remove your sling and leave your arm by your side. To wash underneath your armpit, lean over to allow your arm to fall away from your body.

CAUTIONS: If you develop a temperature, a significant rise in pain that does not get better with medication, or notice redness or drainage from your wound, please contact the office.

NEXT APPT: Call the office to make an appointment approximately 7 days after surgery.



Nurse Signature Date

Patient Signature Date