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Post Op Biceps Tenodesis

1. The sling needs to be worn at all times including sleeping. The only times the sling comes off is for the pendulum exercises and for showering and getting dressed. The sling is used for the first 4 weeks.
2. The shoulder should be iced $\frac{1}{2}$ hour on and $\frac{1}{2}$ hour off through the first day and at least 3x a day after the first initial post-operative day.
3. If you have a cryocuff (ice machine) this can be used continuously for the first day until 11pm and then $\frac{1}{2}$ hour on and off after 11pm if you awaken with pain. After the first day this should be used on $\frac{1}{2}$ hour on and $\frac{1}{2}$ off at least 3x a day. Always place a shirt or small towel between your skin and the cryocuff.
4. Pain medication will be prescribed. If your pain does not require a narcotic pain medication take Tylenol (as long as you do not have history of Tylenol allergy or a medical problem where Tylenol is contraindicated, i.e., liver disease)
5. Pain medication may be constipating, If you are prone to this you may take an over the counter stool softener such as Senokot.
6. Never take NSAID's for the first two months after surgery. This includes Advil, Motrin, Naprosyn, Aleve, Mobic, etc.
7. Follow up the day after surgery for a dressing change. Usually you will be able to shower after the first dressing change.
8. Never lift weight using the operated arm for the first 8 weeks or try and lift your arm over your head for the first 4 weeks. Your therapist may do this while you are lying down.
9. Pendulum exercises are to be done 5x a day for 1 minute sessions.
10. Therapy is usually expected to be started the first week after surgery.
11. Strengthening exercises are not to be started until 8 weeks from the surgery.

Please Take: Vitamin C 500mg 3x/day for 4 weeks & Vitamin D 500mg/day for 4 weeks