



Vipul Dua M.D., LLC
www.drVIPULduaorthopedics.com

SHOULDER ARTHROSCOPY AND BICEPS TENODESIS

Following your shoulder arthroscopy surgery, you will be discharged home the same day.

Activity

You will be sent home in a sling which should be worn until your first post-op visit. You may begin gentle pendulum and cradling exercises right away. Avoid active reaching and lifting until you're evaluated at the first post-op visit. You will remain in the sling for approximately 3 weeks. The timing and length of physical therapy needed will be discussed at your office visit. Frequent application of ice is advised for the first 48 hours.

Dressing

A dressing will remain on the operative shoulder for the first **48 hours after surgery**. Once this is removed, the incisions should be covered with Band-Aids. Do not remove the steri-strips directly over your incisions. Allow these strips to fall off on their own. **You may shower and get the incisions wet if they are healing appropriately and without drainage 48 hours after your procedure.** Do not soak the incisions! Avoid using creams, lotions, and other topical products on the incisions until you are evaluated at your post-op appointment.

Driving

You may begin driving as soon as the sling is discontinued and you can turn the steering wheel without difficulty. Do not take narcotic pain medication prior to driving!

Work

Timing for returning to work will depend on the field of work you're in. Everyone recovers differently so we will determine appropriate return to work dates for your situation.

Pain Management

You will be provided with pain medication prescriptions at your pre-op appointment. It is important that you stay on top of your pain and take the medications as directed. You will have a nerve block for your procedure which may last up to 24 hours. It is recommended you take pain medication prior to going to sleep since the block will likely begin to wear off in the middle of the night. If you need a refill of your pain medications call the office ahead of time. Please allow us 24-48 hours to complete your request. Prescriptions will only be filled during normal business hours. Narcotics cannot be called into the pharmacy so you will need to pick up a prescription at the office.

Please call the office immediately if you develop any of the following worrisome symptoms: High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, calf swelling/tenderness, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.