

**Tristan Juhan, MD**  
Orthopedic Surgeon  
**Office:** 408-412-8100  
**Email:** tjuhan@goldenstateortho.com  
**Website:** tristanjuhanMD.com



## POSTOPERATIVE INSTRUCTIONS

### **ARTHROSCOPIC/OPEN BICEPS TENODESIS**

#### DIET

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

#### WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing on the second post-operative day – if minimal drainage is present, apply band-aids over incisions and change daily
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your sling starting the day after surgery – NO immersion of operative arm (i.e. bath)

#### MEDICATIONS

- Colace (Docusate Sodium)
  - This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
  - Take 1 pill in the morning and 1 in the evening to prevent constipation.
  - It is normal to take several days to make a bowel movement after surgery
  - Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.
- Hydrocodone/Acetaminophen (Norco)
  - This is a narcotic medication for pain.
  - This medication is to be taken only AS NEEDED.
  - Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hours for the first 2-3 days.
  - After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
  - DO NOT exceed 4,000 mg of Acetaminophen in a 24-hour period.
  - DO NOT drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.
- Zofran (Ondansetron)
  - This is an anti-nausea medication.
  - It is a dissolving tablet – place it on your tongue, allow it to dissolve, and swallow.
  - Take this as needed every 4-6 hours for the first 2 days after surgery.
- Ibuprofen (i.e. Advil/Motrin) – over the counter
  - As long as you have no personal history of adverse response to anti-inflammatories, use an over-the counter anti-inflammatory such as **Ibuprofen (i.e. Advil/Motrin) 600-800 mg as**

**Tristan Juhan, MD**  
Orthopedic Surgeon  
**Office:** 408-412-8100  
**Email:** [tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)  
**Website:** [tristanjuhanMD.com](http://tristanjuhanMD.com)



**frequently as every 8 hours** with food to help swelling and pain in addition to the prescribed pain medication.

### **ACTIVITY**

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### **IMMOBILIZER**

- Your immobilizer should be worn at all times except for hygiene and exercises

### **ICE THERAPY**

- Begin icing immediately after surgery.
- Use icing machine for up to 20 minutes out of every hour until your first post-op visit.
- If you do not purchase an ice machine, please use ice packs to ice the surgical site. Ice packs can be applied for up to 20 minutes out of every hour until your first post-op visit.
- If braced, loosen brace to avoid added pressure.

### **EXERCISE**

- Formal physical therapy (PT) will begin within a week of your surgery. A prescription will be given to you. Please give the therapist the REHABILITATION form from our office, also located on my website.
- You may begin wrist, and hand range of motion on the first post-operative day about 2-3 times per day
- NO ACTIVE flexion of the elbow for 6 weeks after surgery.

### **FOLLOW-UP CARE/QUESTIONS**

- Dr. Juhan will call you (typically on your first day after surgery) to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please call the office at **408-293-7767**
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling at **408-293-7767**.
- For any other questions or concerns please contact Dr. Juhan via email ([tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)) at the office (**408-293-7767**)

**Tristan Juhan, MD**  
Orthopedic Surgeon  
**Office:** 408-412-8100  
**Email:** [tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)  
**Website:** [tristanjuhanMD.com](http://tristanjuhanMD.com)



**\*\*EMERGENCIES\*\***

Contact Dr. Juhan at the office (**408-293-7767**) or by email ([tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)) if any of the following are present:

- Painful swelling or numbness
- Unrelenting pain
- Fever (note – it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
- Redness around incisions
- Color change in wrist or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

**Proceed to the nearest emergency room if you have an emergency that requires immediate attention.**