



DAVID B. COHEN, M.D.

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CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS

DISCHARGE/HOME INSTRUCTIONS
Biceps Tenodesis

Patient Name:

Follow up appointment:

- If you do not already have an appointment, call Dr. Cohen today or tomorrow to arrange to be seen in 10– 14 days.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery period at home:

DIET:

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

MEDICATIONS: It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (ie. Colace) regularly.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Percocet (oxycodone). Take 1-2 when you are aware of soreness and then every 3-4 hours as needed.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

- You may experience drainage. **Do Not Remove Original Bandage Until Directed Below.** Reinforce as needed.
- Call your surgeon if you think it is too much.
- Remove dressing in 3 days. **Do not remove tape strips** on surgical site. Apply Band-Aids
- Please do not use bacitracin or other creams on the wounds.

ACTIVITY:

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.



- Keep shoulder sling and waist strap on at all times including at night for 6 weeks. You may remove sling to shower on post-operative day 3 keeping arm against your body at your side.
- Be sure to move hand and wrist. You may squeeze a ball with your hand.
- **DO NOT attempt to bend your elbow on your own or twist your arm as this will strain the repair.**
You should do pendulum exercises gently for 5 minutes three times a day, either in or out of the sling. Make small circles clock-wise and counter clockwise. Gently.
- Apply ice for minimum of one week while awake. (30 minutes on, 30 minutes off). If you have an ice machine, you should use this as much as possible. You may keep it on constantly, covering skin. You should use it after physical therapy as well.
- May shower on post-operative day 3 but keep the incision sites covered with either plastic wrap secured with tape or waterproof band-aids. Do not remove the tapes covering the incisions. You may lean forward to wash and dry your arm pit daily. No baths, hot-tubs, or swimming.
- Use incentive spirometer 10 – 15 times every hour while awake for 24 hours.
- You may feel more comfortable sleeping in a recliner or propped up with pillows, with a pillow supporting your elbow.

NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

- Dressing is too tight.
- Fever above 101°F
- Excessive swelling
- Continued nausea/vomiting
- Uncontrolled pain
- Unable to urinate
- Excessive bleeding
- Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

IF YOU CANNOT REACH YOU DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

_____, M.D _____
Patient / Escort

MD OFFICE NUMBERS

- Branford (203) 483.2509
- Milford (203) 882.3373
- Guilford (203) 453.6340
- Orange (203) 795.4784
- Hamden (203) 407.3500
- Wallingford (203) 265.1800