

WHAT TO EXPECT AFTER BICEPS TENODESIS

Dr. Erik Dorf

Biceps tenodesis surgery is very common to my practice and I have found the results of this procedure to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your injury/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** Following your surgery you will have a bandage on your shoulder and your arm will be protected in a sling.
2. ***FIRST 48 HOURS AFTER SURGERY:*** Your arm may be numb or asleep for up to 24 hours after surgery. After the first 24 hours following surgery, it is important that you straighten out your elbow for approximately five – ten minutes per hour while you are awake. Do not do any lifting greater than the weight of your arm.
3. ***FIRST TWO WEEKS:*** Pain or swelling in the operated area is normal. This can be lessened by the use of an ice pack and by the use of your pain medication as needed. You may remove your dressing on post-operative day 4. You may shower at that time. No baths. Cover your incision sites with a bandaid. **You will wear your sling at all times during the first four weeks after surgery except while exercising your elbow, performing the exercises learned in therapy, or bathing.**
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We will remove your sutures; you will continue to wear the sling. We will give you a prescription to begin gentle therapy for shoulder range of motion at this time.
5. ***6 WEEKS AFTER SURGERY:*** You will return to the office and we will check your shoulder range of motion. You may begin with a more aggressive physical therapy protocol at this point. You will be done using the sling at this point.
6. ***THREE MONTHS AFTER SURGERY:*** You may begin gentle strengthening exercises in physical therapy.
7. ***HOW LONG TO GET BETTER?*** Most people are mostly better by 6 months and will be progressing with activity as tolerated. It may take up to two years for you to be fully improved.

*You will be prescribed a **Game Ready** cold therapy compression unit. A representative will be contacting you prior to surgery to coordinate this. Rental of this unit is recommended but it is not required. The unit rental cost is \$250.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220