

WHAT TO EXPECT AFTER BICEPS TENOTOMY

Dr. Erik Dorf

Biceps tenotomy is common to my practice. 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 five – ten minutes per hour while you are awake.
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 only if needed. If you have not had a rotator cuff repair you may use your arm as tolerated, and even do some light lifting**
4. **AT YOUR TWO WEEK POST OP OFFICE VISIT:** We will remove your sutures; you will continue to wear the sling for comfort only. We will give you a prescription to begin gentle therapy for shoulder range of motion at this time. You will likely be done with your sling 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.
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 may progress with activity as tolerated.

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