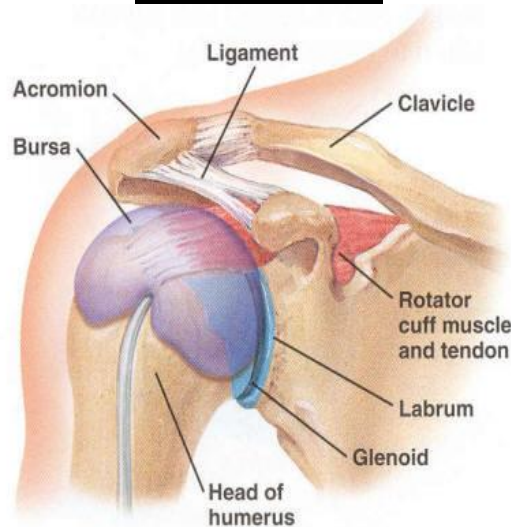


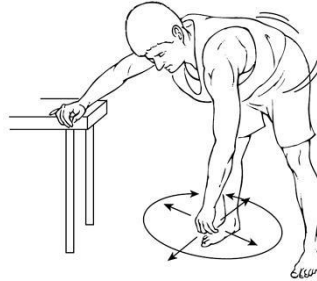
## Rotator Cuff, Labral Repair, and Biceps Tenodesis



### **POST-OP INSTRUCTIONS**

- Use ice packs for 30-minute intervals with 1 hour off in between. Do this for the first day. You may continue to use ice packs as needed thereafter.
- Keep the dressing in place and dry for **2** days after surgery.
- On the 2nd day after surgery, you may remove the dressing and apply a gauze sponge with tape over the incision(s). **DO NOT** use antibiotic ointment on the incisions.
- If you have 3 or more smaller, poke hole, type incisions without a larger incision, you **MAY** get these wet in the shower.
- **DO NOT** get the incision wet if an open repair was performed. You will have a larger incision covered with steri-strip tapes. Keep this dry until your post-operative appointment.
- Use the immobilizer at all times except when performing the exercise below. Please wear the immobilizer while sleeping.
- Perform the passive pendulum exercise, **described below**, as tolerated until you see Dr. Samuelson. You may do range of motion at the elbow and wrist as tolerated, but do not hold any weight when doing so.
- If indicated on your post-operative orders, take 2 Aleve, twice daily, for the first 5 days after surgery. This is in addition to the pain medication prescribed.
- Make sure you have a follow-up appointment for approximately 7-10 days following surgery.
- Take over the counter Aleve or Ibuprofen as directed by Dr. Samuelson.
- Take the pain medication on an as needed basis. Ambien has been prescribed to aid in sleeping if needed.

### **PASSIVE PENDULUM EXERCISE**



Bend forward 90 degrees at the waist, using a table for support if needed. Sway arm in a circular pattern to move the arm clockwise 10 times, then counterclockwise 10 times. Let gravity and momentum provide the movement. You may use the non-operative arm to support and move the operative arm.