

# Dr Brendan Ricciardo

MBBS (UWA) FRACS FAOrthA  
Orthopaedic Surgeon

Hip, Knee & Shoulder Surgeon  
Sports & Trauma Surgery



Coastal  
Orthopaedics

**PHONE** 08 9230 6333

[brendan@coastalorthopaedics.com.au](mailto:brendan@coastalorthopaedics.com.au)

[www.drbrendanricciardo.com.au](http://www.drbrendanricciardo.com.au)

Claremont Murdoch Esperance

## SHOULDER ASAD/BICEPS TENODESIS

### Discharge

You will usually spend one night in hospital.

### Post-Operative Appointment

Your first post op clinic review is 2 weeks after surgery. If you would like to confirm or change this appointment please contact my PA Tammy on 9230 6333 or [tammy@coastalorthopaedics.com.au](mailto:tammy@coastalorthopaedics.com.au). If you live in Regional WA then this appointment can be made with your GP (please discuss this with Brendan).

### Pain Relief / Medications

You have been prescribed a range of pain killers by the Anaesthetist. You should take them as prescribed. In general, you should take paracetamol regularly as first line, followed by anti-inflammatories if prescribed or directed and then strong painkillers such as Tramadol, Tapentadol or Oxycodone for top-up pain relief. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure.

### Swelling / Icing

Post op swelling of the shoulder is expected. It should reduce gradually over a few weeks. Regular icing of your shoulder is effective in reducing pain and swelling. You should continue icing your shoulder as long as it remains swollen, which can be several weeks. If the swelling gets worse or if there is redness around the wound or fever, please contact my rooms immediately or attend your local Doctor. After hours you can contact the hospital ward from which you were discharged.

### Bandage / Dressings / Sutures

You will wake up with your arm in a sling. You will be discharged from hospital with dressings covering your shoulder wounds. Leave these dressings in place until your two week review when we will remove them. The dressings are waterproof. Showering is fine but bathing/swimming is not. Should your dressing lose its seal or become saturated, please contact my rooms for advice. You have dissolvable sutures under the skin.

### Sling

The sling is to be worn for 2 weeks. If a biceps tenodesis has been performed then 4 weeks may be recommended.

### Physiotherapy

Please refer to the 'Rehab' section of my website [www.drbrendanricciardo.com.au](http://www.drbrendanricciardo.com.au) for exercises you should perform following surgery and continue after discharge from hospital. You will be reviewed by a physio in hospital the morning following your surgery. Early active shoulder movement is usually prescribed. Lifting restrictions will be advised if a biceps tenodesis has been performed.

### Return to Work / Driving

It is reasonable to target a return to office work at 1-2 weeks. For physical work the target is 6-8 weeks. Return to driving is usually at 2-4 weeks (when the sling is no longer needed).



Fellow of the Royal Australasian  
College of Surgeons



FAOrthA

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CLAREMONT

MURDOCH

MANDURAH

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MT LAWLEY

WHEATBELT

Bethesda Hospital • St John of God • Peel Health Campus • Waikiki Hospital • St John of God • St John of God • Northam Hospital