



Post-Operative Instructions: Pectoralis Minor Tenotomy

General Instructions:

1. Do NOT drive a car or operate hazardous machinery.
2. Do NOT drink alcoholic beverages.
3. Do NOT smoke.
4. Do NOT sign legal documents.
5. If prescribed narcotic pain medications: DO NOT DRINK ALCOHOL OR DRIVE A VEHICLE OR OPERATE HAZARDOUS MACHINERY WHILE TAKING THESE MEDICATIONS. It is recommended that you take pain medications on a full stomach or with a snack.
6. Notify the office / surgeon of the following:
 - Excessive swelling/redness around the wound area.
 - Excessive vomiting
 - Temperature greater than 101.5 F
 - Uncontrolled pain

Dressing care

- You may remove the dressing after 48 hours, then replace as needed
- Underneath your dressing may be some white gauze and yellow xeroform strips. Remove all these after 48 hours, then you can apply neosporin or bacitracin OTC to your incisions twice a day, once in the morning and once in the evening, until 4 weeks from surgery
- **Please call the office IMMEDIATELY for advice if you have any of the following:**
 - Increased pain or swelling that may indicate that the dressing is too tight
 - Numbness and/or tingling in your hand or loss of active movement of the fingers may be due to too much pressure on the nerves from a tight dressing
 - Your hand is cool and pale which may be from poor blood flow from a tight dressing
- If the office is closed, we recommend evaluation at the nearest emergency room

After Surgery:

- **Diet:** Regular diet as tolerated
- **Medication:** Take pain medication as needed and directed.
- **Ice:** Use ice as needed
- **Elevation:** Keep surgical site elevated above the level of your heart as needed for swelling/pain
- **Sling:** If you were given a sling, use it until your arm wakes up from the block. Discontinue sling by postop day 2 or 3. Please disregard if you were not given a sling.

Activity:

- **Lifting:** You can WBAT < 5 lbs until 4 weeks post-operatively with the operated side. It is OK to perform light activities of daily living. Heavy exercise, strenuous activity, and lifting heavier than that is **strictly forbidden**. You should be particularly careful with your operated extremity. Progression and strengthening will start around 4-6 weeks but ultimately only once cleared at the discretion of a member of your hand care team.
- **Lifting more than this, even once, can compromise and negate the outcome of your surgery.**
- **Motion:** To prevent stiffness, move all uninjured fingers outside of the dressing and your shoulder and elbow gently and often.
- **Shower:** Ok to shower once the dressing is removed. No bathing or going underwater for 6 weeks.
- **Exercise:** Do not exercise or perform any strenuous activity until cleared by your surgeon.
- **Other:** Any activity that requires precise thinking and accuracy (including operating machinery and/or driving a vehicle) must be avoided for the first 12 hours.