



Patient Instructions Following Tenex

Congrats! You just completed your procedure.

After your procedure, you may experience 3-6 hours of numbness in the area of your injection due to the local anesthetic used during the procedure. This is normal. When the numbness wears off, it is common to experience some pain in the area of your injection. A medication can also be taken if your pain is severe.

Ice may be applied periodically after the procedure.

1. Keep bandages and procedure area clean and dry for 1 week.
2. May apply ice for 20 minutes as needed for discomfort.
3. Avoid submerging area in water (i.e. Swimming/Bathing) for (5) days.
4. Please have someone drive you home from the procedure.
5. Contact or return to Dr.'s office with any questions or concerns. Our number is 301-200-9025.

Immediately Contact Office:

- If area becomes Red or hot to touch.
- For increased pain or swelling.
- For drainage from site.
- Fever

Please look at the list below and find the area where your injection occurred. Follow the restrictions until your 1 week follow-up appointment.

Elbow Tendons: Wear your sling during the day for 3 days. No driving while in your sling. After 3 days, wear your sling at night or for comfort. Begin performing gentle elbow and wrist range of motion at least 4 times per day. Avoid any lifting or gripping activities over 5 lbs for 6 weeks.

Shoulder Tendons: Wear your sling during the day for 7 days. No driving while in your sling. After 3 days, begin performing gentle shoulder pendulum exercises at least 4 times per day out of the sling. Avoid lifting your arm above shoulder height or lifting more than 5 pounds for 2 weeks. After 7 days, wear your sling at night for comfort.

Hip Tendons: Use crutches with no weight bearing for 4 days. After 4 days, continue to use crutches, but you may gradually begin to toe touch weight bear up to 50% of your weight on your leg. This may be sore but should not be overly painful. Perform 5 minutes of gentle hip range of motion at least 4 times per day.

Knee Tendons: Use crutches with no weight bearing for 4 days and remain in the knee brace. No driving in knee brace. After 4 days, continue to use crutches, but you may gradually begin to weight bear up to 50% of your weight on your leg to be off crutches at 1 week. This may be sore but should not be overly painful. Perform 5 minutes of gentle knee range of motion at least 4 times per day.

Ankle/Foot Tendons: Use crutches with no weight bearing/in your CAM walking boot during the day for 4 days. No driving in CAM walking boot. After 4 days, continue to use crutches, but you may gradually begin to weight bear up to 50% of your weight on your leg to be off crutches at 1 week. Perform 5 minutes of gentle ankle range of motion exercises at least 4 times per day. Continue to wear the CAM boot for 1 week.

Hip, Shoulder, Knee, Ankle Joint: Weight bear as tolerated. Begin gentle range of motion exercises 4 times per day.

If you develop signs or symptoms of infection such as drainage from your injection site, swelling, redness, or fever, please call our office at 301-200-9025.