



Post-Operative Instructions

Distal Biceps Repair

Please read all instructions carefully and ask for clarification if necessary

ACTIVITY

You will be in a **SPLINT THAT IS TO BE WORN AT ALL TIMES DAY/NIGHT**

- **NO LIFTING WITH THE OPERATIVE ARM**
- **DO NOT REMOVE SPLINT**
- **AVOID GETTING THE SPLINT WET**

You will also be given a sling to wear throughout the day to assist in holding your arm

- You will sleep with the splint (no sling needed) in whatever position is most comfortable for you
- You may shower but protect your splint from getting wet by wrapping it with a plastic bag/garbage bag or saran wrap

You **MAY NOT** drive until you are cleared to do so at one of your post-operative visits

You may progress to your normal diet as tolerated

DRESSING/WOUND CARE/SHOWERING

It is expected that your arm will be very swollen and bruising can occur

- This swelling may occur from the shoulder to the hand for the first week or so
- Loosen the ace wrap around the splint if it becomes too tight or painful, but **DO NOT REMOVE THE SPLINT**
- You may shower but protect your splint from getting wet by wrapping it with a plastic bag/garbage bag or saran wrap

****DO NOT SUBMERGE YOUR INCISIONS IN A BATH, POOL, ETC****

COLD THERAPY

You should ice the elbow every hour for 20 minutes at a time for the first 2 days, then on an as needed basis after the first 48 hours

- **Avoid direct skin contact with the ice and exposure longer than 20 minutes as this can lead to frostbite**

MEDICATIONS

You may begin taking your prescription pain medication (below) upon arriving home and should continue taking it every 4-6 hours as needed for pain

- **Percocet 5/325** (Oxycodone 5mg with Acetaminophen 325mg): Take 1 tablet every 4-6 hours as needed for pain
- You may take 2 tablets if pain is severe
- *****DO NOT take additional Tylenol with the Percocet*****

You will also have a prescription for:

- **Zofran** (Ondansetron): For nausea as needed
- **Toradol** (Ketorolac): Take 1 tablet every 6 hours with food for 3 days (until medication is completed)
- Once the Toradol is complete, you may take Advil (2 pills three times per day) or Aleve (2 pills twice a day) to help minimize inflammation, soreness and swelling
- **Keflex** (Cephalexin): Take 1 tablet every 6 hours for 3 days for infection prophylaxis

DO NOT DRIVE a vehicle or operate any machinery while taking narcotic pain medication

DO NOT drink alcohol while taking narcotic pain medication

Try to **take the above medications with food** to help prevent any stomach irritation

You may also take an **over-the-counter stool softener** (such as Senna, Dulcolax or Colace) to help prevent constipation from the narcotic pain medication

If you have **any adverse or allergic reactions** to medications, stop them and call the office

****Please note, if you had a nerve block this will likely wear off within 24-48 hours of surgery. It is advised to begin taking your pain medicine before the block fully wears off****

FOLLOW-UP

You should have your first post-op visit scheduled for **one week** after surgery

- If you do not have an appointment, please call our office **(860-533-4692)** to schedule

Please call the office (860-533-4692) if you experience any of the following:

- Fever over 101° (low-grade fevers are common after surgery)
- Non-stop drainage or bleeding from incisions that soaks through multiple dressings
- Excessive pain that is not being controlled with medication
- Chest pain or difficulty breathing
- Excessive redness or discharge from incisions