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POSTOPERATIVE INSTRUCTIONS – DISTAL BICEPS TENDON REPAIR

SPLINT / SLING / MOVEMENT

You will be placed in a soft cast for 1 week after your surgery. This will limit the movement of your elbow as to not disrupt the repair. You will also be given a sling for comfort. You may move your shoulder in any direction that is comfortable, do not force motion.

DRESSING/BANDAGES

You must keep your dressing/splint completely dry. You can bathe; however, you will need to cover your arm with a plastic bag or trash bag to avoid getting your incisions wet. Your splint will be removed at your first post-op visit at which point you will be placed in an elbow brace until 6 weeks post op.

MEDICATIONS

Local anesthetic will be injected into your incision(s) after the completion of the surgery. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the anesthetic is wearing off, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take Miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and brace will be applied. You will also receive a prescription to start physical therapy at this visit.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.