

Post-Operative Care Distal Biceps Tendon Repair

Dressing/Wound Care

- Do NOT get the dressing or splint wet. Cover with a plastic bag or plastic wrap for showers.
- You may notice some drainage around the wound, this is normal.
 - If this persists more than five days, please call the office as a precaution. This can still be normal.
- You may remove the sling only to shower- splint and dressing stays on and in place- keep your arm at your body's side for comfort.
- Some swelling or bruising around the arm, elbow or hand is expected and can last up to several weeks.
- Use ice over your arm for the first 24-36 hours after surgery. You may place ice over the dressing for as long as you feel comfortable (recommend at least 20 min./hour).
Do not place ice or ice pack in direct contact with skin.
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

Ambulation and Movement

- Immediately after surgery you will be placed in a shoulder sling with a splint and bulky dressing.
- Do not remove the dressing or splint- leave intact- this will be removed at your first post-op visit in the office.
- Elevate your hand to sky when sitting, when walking use the sling.
- Perform gentle finger and hand range-of-motion several times per day to prevent stiffness.

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Medication **Take as prescribed**

- You will have received a prescription for pain medication.
 - Do not operate machinery or drive while taking this medication.
 - This medication may cause nausea or vomiting.
- You may have been given a prescription for an anti-nausea medication.
 - Take as directed for any nausea associated with the pain medication.
- For added pain control, begin taking Tylenol 500mg tablets, 1-2 tablets every 6 hours as needed.
- Any severe itching, hives or difficulty breathing, please call immediately.
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Physical Therapy

- On your first visit after surgery you will be given a prescription for physical therapy.
- **This will be one of the important steps leading to your recovery.**

Return Visit

- If you do not already have a scheduled post-operative visit please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after date of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.