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# 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.
  - o 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 placekeep 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.



Beth Israel Lahey Health

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Hopkinton



Dedication, Compassion, Experience,

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# **Post-Operative Care Distal Biceps Tendon Repair (continued)**

## 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.



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