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Distal Bicep Repair Post-Op Instructions

ACTIVITY

- Try and rest the first few days following surgery.
 - Wear your sling for as long as you are instructed to
 - If placed in splint post-operatively: can wean out of the sling in 2-3 days as tolerated
 - If no splint placed post-operatively: wear the sling until your first post-operative appointment. It is okay to come out of the sling for showering & daily exercises.
 - Do not lift any objects greater than 1 pound for the first 4-6 weeks
 - Driving is not recommended for the first 2 weeks following surgery and contraindicated when taking narcotic pain medication.
 - Return to (sedentary) work 3-4 days after surgery if pain is tolerable. Return to heavy labor will be determined by Dr. Murar.
- You have a soft dressing in place but no splint. You will remain in the sling until your first post-operative appointment. You may come out of the sling 3-5 times daily to work on gentle flexion (bending) and extension (straightening) of the elbow. You may also come out of the sling for showering.
- You were placed in a splint and will need to keep this clean, dry, and intact until your first post-operative appointment. You can move your shoulder as tolerated but you will not be able to move your elbow or wrist. You can wear the sling for the first 2-3 days and then wean out as tolerated.

DRESSINGS

- A large bulky compressive bandage/splint has been placed over your wrist. This dressing is designed to minimize swelling in the operative extremity (and should feel “snug”).
 - The splint is to be worn until your first post-operative visit.
 - If you are experiencing significant pain and feel that the bandage is too tight, you may gently loosen the operative dressing by unwrapping and rewrapping the outside ACE bandage at any given time. Please do not remove the underlying white fluffy gauze.
 - Keep your dressing/splint clean and dry until your first follow-up visit. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry.
- If you did not get placed into a splint, you have a soft dressing in place.
 - The outer ACE wrap may be removed in 1-2 days. Beneath this is a waterproof Tagaderm dressing. You can shower with this on and remove the Tagaderm dressing 7 days after surgery.

- Leave the steri-strips (white adhesive strips) in place and let them fall off on their own. You may shower with these strips on. Let warm, soapy water run over the incisions, but do not vigorously scrub over any of the incision sites as they are still healing.
- Please DO NOT BATHE, HOTTUB, OR SOAK/SUBMERGE THE INCISION IN WATER as this can increase risk of infection. Wait one month from surgery or until you are directed to do so. Showers as aforementioned above are okay.
- Small amounts of bloody drainage, numbness at incision site, arm swelling, and bruising are normal findings following surgery.
- Do not use bacitracin or any ointments under band-aids.

MEDICATION

- You have been prescribed one of the following **pain medications**:
 - Oxycodone – Please take 1-2 tabs every 4-6 hours as needed for pain.
 - Norco – Please take 1-2 tabs every 4-6 hours as needed for pain.
- In addition to narcotics it is advised that you take scheduled **NSAID (non steroidal anti-inflammatory)** and **Tylenol** (alternating) for the first three days and then as your pain gradually improves you will wean off the narcotics and take NSAID/Tylenol on an as needed basis. If you have been prescribed Celebrex do not take other NSAIDs (i.e. Advil/Aleve) in combination with this.
 - **Tylenol (Acetaminophen)** – take no more than 4,000 mg in a 24 hour period. Do not take if you have liver disease.
 - **Ibuprofen (Advil)** – take no more than 2,400 mg in a 24 hour period. Do not take if you have kidney disease, history of ulcers, or GI bleeds.
 - **Naproxen (Aleve)** – if you prefer this over the counter NSAID over Ibuprofen/Advil you may take this instead. DO NOT TAKE BOTH IBUPROFEN & NAPROXEN as this increases your risk for toxic side effects. Please take no more than 1,500 mg of Naproxen in a 24 hour period. Do not take if you have kidney disease, history of ulcers, or GI bleeds.
- **ICE** – while you are resting place cold ice packs on your elbow for 15-20 minutes at a time. Place a clean, dry towel or pillowcase between your skin and the cold pack. Ice can be used as much as possible for the first 3-4 weeks to help decrease the swelling. Ice will not be able to penetrate the splint very well so you may forgo icing if you were placed into a splint after surgery.
- You may have been given a prescription for **enteric coated Aspirin 81 mg** which you should take twice daily with food to decrease the risk of post-operative blood clot formation.
- You have also been given a prescription for **Senokot** to take 2 tabs daily as needed for constipation. Sedation during surgery, narcotic medications, decreased fluid intake, and decreased activity all contribute to constipation. If you find that you are still constipated despite the Senokot medication, there are other over the counter medications that you can try: Miralax, Fleet enema, or bisacodyl suppository.
- If you have any side effects (i.e. Nausea, rash, difficulty breathing) from medication discontinue its use and call our office.

PHYSICAL THERAPY

- The need for timing of outpatient physical therapy will be determined by Dr. Murar and discussed at your first post-operative visit.

FOLLOW UP

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment for 10-14 days after your surgery.
- You will be seen by Dr. Murar's Physician Assistant. Your first post-operative visit will include a review of your intra-operative findings and to go over any questions you may have.
- The splint will also be removed at that time if necessary.
- Call the office immediately if you develop a fever (>101.4), chills, excessive incision drainage, calf pain, or persisting leg numbness.
- If you have any other questions or concerns please feel free to call the office.