

Distal Biceps Tendon Repair

Overview

This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made by the care team as appropriate given each patient's operative findings.

Questions

If you have any concerns or questions after your surgery, during business hours call **763-302-2231**. You may need to leave a message.

After hours 763-520-7870

Address

Maple Grove

9630 Grove Circle N., Suite 200

Maple Grove, MN 55369

Minnetonka

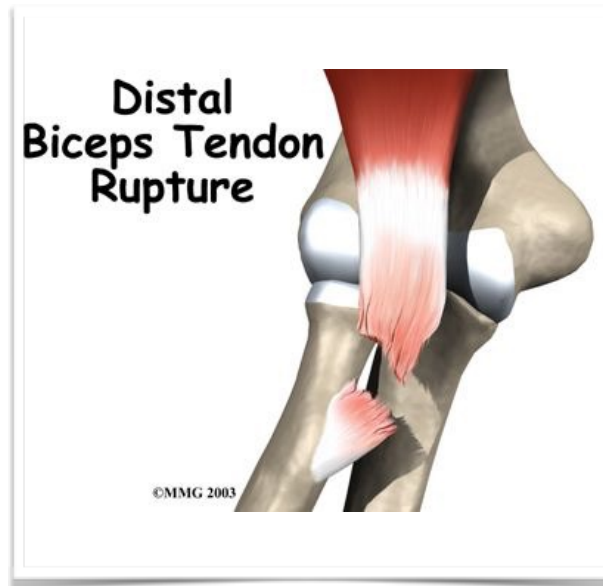
15450 Highway 7, Suite 100

Minnetonka, MN 55345

Robbinsdale

3366 Oakdale Ave. N Suite 103

Robbinsdale, MN 55422



POST OPERATIVE INSTRUCTIONS

DIET

- Begin with clear liquids and light food (jello, soup, etc.).
- Progress to your normal diet as tolerated.

WOUND CARE

- Leave operative dressing/splint in place after surgery. Loosen ACE wrap if pain/swelling increases. If pain becomes severe, call our office.
- DO NOT remove surgical dressings/splint after your surgery. Swelling and bleeding after surgery is normal. If ACE wrap becomes saturated with blood, please call the clinic, 763-520-7870.
- Keep your dressing/splint clean and dry until you're seen back in clinic.
- You may shower as needed after surgery, but cover with plastic bag to keep splint dry. No immersion in water, i.e. bath. If splint becomes wet, call our office for appointment, 763-520-7870.

More information

Blood clot (DVT) prophylaxis

- Deep vein thrombosis (DVT) is a serious condition because blood clots in your veins can break loose, travel through your bloodstream and lodge in your lungs, blocking blood flow (pulmonary embolism or PE).
- Symptoms: Swelling in the affected leg. Rarely, there may be swelling in both legs. Pain in your leg. The pain often starts in your calf and can feel like cramping or a soreness.
- Risk factors: smoking, obesity, pregnancy, oral contraceptive use, prolonged sitting and surgery
- To reduce this risk we recommend taking 325 mg Aspirin daily, if 18 yrs or older.
- Self care measures include: stop smoking, avoid sitting for long periods, and WALK.
- Deep vein thrombosis may sometimes occur without any noticeable symptoms.

MEDICATIONS

- Local pain medications were used at the time of surgery. This will wear off in 8-12 hours. If nerve block was administered, this may give you longer relief.
- Most patients will require narcotic pain medications for short period of time following surgery. Take per MD request.
- If pain meds are causing nausea and vomiting, contact the office (763-520-7870)
- Do not operate or drive machinery while taking narcotic meds.
- Ibuprofen can be taken between narcotic medication doses to help alleviate pain.

ACTIVITY

- Elevate the operative arm above your chest whenever possible to reduce swelling.
- Do not engage in activities that increase pain/swelling in your arm such as prolonged standing, walking, sitting without arm elevated.
- No driving until instructed by surgeon.

BRACE

- You will be fit with a hinged elbow brace either before or after surgery. Please bring this to you first post op appointment to be adjusted, if you have one before surgery.

ICE THERAPY

- Begin immediately after surgery.
- Ice machines can be used continuously, or ice packs every hour for 20 minutes daily until post-op appointment.

POST OP APPOINTMENTS

First post op visit (7-10 days)

Your first post-op appointment is about 7-10 days from surgery. You will see the PA to review your surgery and have the sutures removed. Your surgical splint will be removed and your hinged elbow brace will be adjusted and placed at this visit.

**subsequent post op visits will be at 2 week intervals

What to expect after surgery

- Swelling is common after surgery. Ice and elevation are recommended. Muscle cramps may occur.
- Pain medications will be needed for the first 3-4 days. Switch to ibuprofen or acetaminophen (if not contraindicated) as soon as possible.
- Physical therapy is generally needed after surgery (depending on your intra-operative findings, we may prescribe physical therapy after your surgery).
- Light exercise (biking, treadmill) allowed as tolerated. Start slow and slowly increase intensity as able.

REHAB PROTOCOLS

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-2 WEEKS)	Nonweightbearing (NWB)	Surgical splint	None	None
PHASE II (2-4 WEEKS)	NWB	Hinged elbow brace with all activities and sleeping Off for hygiene only	Full flexion to 30 degrees	Hand, wrist, shoulder exercises allowed with hinged elbow brace on.
PHASE III (4-6 WEEKS)	NWB	Hinged elbow brace with all activities and sleeping Off for hygiene only	Full flexion to 60 degrees	Hand, wrist exercises allowed with hinged elbow brace on.
PHASE IV (6-12 WEEKS)	Advance 5 lbs per week as tolerated starting at 6 weeks.	Hinged elbow brace with all activities and sleeping Off for hygiene only	Full flexion and extension	6 week: Begin with PT. 12+ weeks: Return to full activities after cleared by MD.

ICE MACHINES



GAME READY



CRYOCUFF



POLAR ICE

Patients are not required to purchase any of these devices. They are only offered as a supplemental modality to help with pain control. Patients may use ice packs from home or any other cold therapy device available to them. Dr. Arthur does not have any affiliation to these medical equipment companies.

BENEFITS

- Portable ice machines
- Reduces pain and swelling
- Gives constant cold therapy

PRICE

- Call for prices

CONTACT

Jeff Olmscheid

Ottobock Medical

Phone: 612-839-1472



Narcotic Disposal

WHY YOU SHOULD DISPOSE OF YOUR MEDICATIONS

- CHILDREN ACCIDENTALLY INGESTING HARMFUL MEDICATIONS
- USE OF MEDICATIONS FOR OTHER REASONS INSTEAD OF THEIR INTENDED PURPOSE
- USE OF EXPIRED MEDICATIONS WHICH CAN CAUSE ILLNESS OR OTHER HARM

**33% OF AMERICANS REPORT THEY HAVE NOT CLEANED OUT THEIR MEDICINE CABINETS IN MORE THAN A YEAR.

FLUSH?

Proper disposal is important. Medicines flushed down the toilet contaminate water, harm wildlife and pollute drinking water. According to the Minnesota Pollution Control Agency, U.S. Food and Drug Administration and Drug Enforcement Administration, flushing medications down the toilet is not the best way to get rid of unused medications.

HOW YOU SHOULD DISPOSE

1. Bring your medications to a local drug take-back location. (see list below)
2. The DEA has two National Drug Take Back Days every year across the U.S.
 - a. Go to the DEA, Diversion Control Division website for more information
https://www.deaddiversion.usdoj.gov/drug_disposal/takeback/
3. Some drug take-back programs offer mail-back programs
4. You should only flush medications if it's indicated by the medication instructions
5. If you are unable to bring your medications to a drug take-back location, you can throw away medications by:
 - a. Mixing them with sawdust, kitty litter or coffee grounds.
 - b. Sealing the contents in a plastic bag.

LOCATIONS TO DISPOSE

Brooklyn Center

Hennepin County District Court Brookdale
6125 Shingle Creek Pkwy, Brooklyn Center, MN
Hours: Mon-Thurs 9 a.m. - 9 p.m.
Fri & Sat 9 a.m. - 5 p.m.
Sun Noon - 5 p.m.

Brooklyn Park

Hennepin County Sheriff's Patrol Headquarters
9401 83rd Ave. N., Brooklyn Park, MN
Hours: Mon-Fri 8 a.m. - 4:30 p.m.

Edina

Hennepin County Library - Southdale
7001 York Ave. S., Edina, MN
Hours: Mon-Thurs 9 a.m. - 9 p.m.
Fri & Sat 9 a.m. - 5 p.m.
Sun Noon - 5 p.m.

Golden Valley

Golden Valley Police Department
7800 Golden Valley Rd, Golden Valley, MN
Hours: 24 hrs a day, 7 days a week

Maple Grove

Maple Grove Police Department
12800 Arbor Lakes Parkway N, Maple Grove, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis

Hennepin County Public Safety Facility
401 4th Ave. S., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

1st precinct
19 N 4th St., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

4th precinct
1925 Plymouth Ave. N., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minnetonka

Hennepin County District Court Ridgedale
12601 Ridgedale Drive, Minnetonka, MN
Hours: Mon-Thurs 9 a.m. - 9 p.m.
Fri & Sat 9 a.m. - 5 p.m.

Osseo

Osseo Police Department
415 Central Ave., Osseo, MN
Hours: Mon-Thurs 7:30 a.m. - 5 p.m.
Fri 7:30 a.m. - 11:30 a.m.

Spring Park

Hennepin County Sheriff's Water Patrol
4141 Shoreline Drive, Spring Park, MN
Hours: Mon-Fri 8 a.m. - 4:30 p.m.

For more information
Visit hennepin.us/medicine
or call 612-348-3777.