

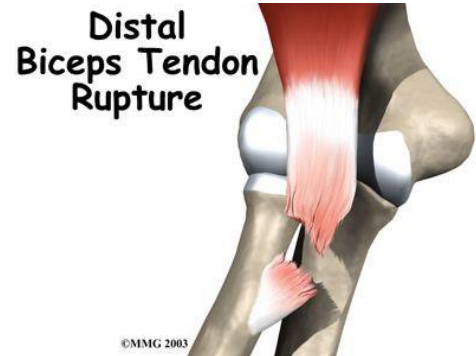
## **Distal Biceps Tendon Repair Post-Op Instructions**

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### **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

### **DIET**

- Begin with clear liquids and light foods (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 your splint becomes wet, call our office for appointment, 763-520-7870.

## 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 a short period of time following surgery. Take per MD request.
- If pain meds are causing nausea and vomiting, contact the office.
- 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 your 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 2-4 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.

## 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 81 mg Aspirin twice 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.

**REHAB PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> (0-2 WEEKS)	Non-weightbearing (NWB)	Surgical splint	None	None
<b>PHASE II</b> (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
<b>PHASE III</b> (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
<b>PHASE IV</b> (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 MACHINE



NICE1 COLD + COMPRESSION THERAPY



BREG® POLAR CARE WAVE



BREG® POLAR CARE CUBE™

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.

### Benefits

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

### Price

- Call for pricing

### Contact

- Neu Medical – Nate Hammond PTA, CSCS
- [NHammond@NeuMedicalDME.com](mailto:NHammond@NeuMedicalDME.com)
- 952.484.4527

## NARCOTIC DISPOSAL

### Why Your 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/](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 AM - 9 PM
- Fri & Sat 9 AM - 5 PM
- Sun Noon - 5 PM

**Brooklyn Park**

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

**Edina**

*Hennepin County Library – Southdale*  
7001 York Ave. S., Edina, MN  
Hours:

- Mon-Thurs 9 AM - 9 PM
- Fri & Sat 9 AM - 5 PM
- Sun Noon - 5 PM

**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 Pkwy 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 AM - 9 PM
- Fri & Sat 9 AM - 5 PM

**Osseo**

*Osseo Police Department*  
415 Central Ave., Osseo, MN  
Hours:

- Mon-Thurs 7:30 AM - 5 PM
- Fri 7:30 AM - 11:30 AM

**Spring Park**

*Hennepin County Sheriff's Water Patrol*  
4141 Shoreline Drive, Spring Park, MN  
Hours: Mon-Fri 8 AM - 4:30 PM

For more information visit [hennepin.us/medicine](https://hennepin.us/medicine)  
or call 612-348-3777.