

Post-Operative Instructions

Distal Biceps Repair

Activity

- Do NOT use your arm to reach for, lift or carry anything (ie. **non-weight bearing**) until instructed otherwise.
- Do NOT remove your splint or dressing.
- **Elevate your operative arm on pillows for the first 72 hours.**
 - To reduce swelling, your elbow and wrist must be elevated above the level of your heart.
 - You can place your arm in a sling when your arm is not being elevated.
- Formal physical therapy will begin after your first surgical follow-up visit.

Pain Control

- Apply ice to the elbow for 15 minutes as often as every hour. You may continue this for as many days as you like.
- You have been prescribed a pain medication that contains a narcotic. Do not drink alcohol, drive a car or operate heavy machinery while on this medication.
 - Do NOT take Tylenol (acetaminophen) while on this medication as it may cause an overdose.
- You may take anti-inflammatory medications such as Ibuprofen or Naprosyn (with food) in addition to the pain medication.

Wound Care

- **Do not remove your splint or surgical dressing. Keep them clean and dry.** They will be changed during your postoperative evaluation.
- Sponge baths with assistance are recommended.
- You may experience slight bruising and swelling to the operative arm.

Follow-up Appointment

- Your follow-up appointment should be 10-14 days after surgery, please call the office if you do not have an appointment. We will review the findings from your surgery and remove your sutures during this visit.
- Please call the office with any questions or concerns, or if you experience any of the following: fevers (greater than 101°F), chills, increased swelling, pain, redness or increasing drainage at the incision.