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<h3>POST-OPERATIVE INSTRUCTIONS</h3> <h3>DISTAL BICEPS TENDON REPAIR</h3>

Splint Care

It is important to keep the post-operative splint clean, dry, and intact. Do not get the splint wet. Do not attempt to remove your splint. If the splint feels too tight, elevate the hand above your heart. If elevation fails to alleviate the sense of tightness, please contact the office for further instructions.

Elevation

After surgery it is important to elevate the affected extremity as much as possible. Typically it is recommended to elevate the hand ABOVE THE HEART FOR AT LEAST 20 HOURS PER DAY. Increased elevation will decrease swelling which will decrease pain and lessen the risk for wound healing complications.

Activity

Avoid any attempted elbow range of motion activities. Avoid any attempted lifting, gripping, twisting, or other repetitive activities with the operative upper extremity. Squeezing the fingers against a squeeze ball, rolled up sock, or attempting to make a fist is allowed but avoid any rotation of the forearm or hand.

Driving

NO driving should occur while taking narcotic pain medications (ie Vicodin or Percocet).

Showering

Do not get the splint wet. It is preferable to take a bath while leaving the splint OUT OF the bathtub. Alternatively take a shower while placing a plastic bag over the splint with rubber bands and/or saran wrap to seal off the bag.

Medications

Take as prescribed. **Narcotic pain medications:** Percocet or Vicodin is used for severe pain. It can be taken up to every four hours as necessary. Most patients only require Vicodin or Percocet for the first week. Once pain is better controlled, you may simply take extra strength Tylenol one to two tabs every six hours. Be careful not to take Tylenol in addition to Vicodin or Percocet as there is already Tylenol in the Vicodin and Percocet. Take these medications with food. If you have any problems taking the medications please stop them immediately and notify the office.

You can supplement the narcotic medications with 200 mg or 400 mg of ibuprofen every 4-6 hours. You should resume your normal medications for other conditions the day after surgery. We have no specific diet restrictions after surgery but extensive use of narcotics can lead to constipation. High fiber diet, lots of fluids, and muscle activity can prevent this occurrence.

Eating

The anesthetic drugs used during your surgery may cause nausea for the first 24 hours. If nausea is encountered, drink only clear liquids (i.e. Sprite or 7-up). The only solids should be dry crackers or toast. If nausea and vomiting become severe or the patient shows signs of dehydration (lack of urination) please call the doctor or the surgical center.

Follow-Up

Your initial follow up visit will usually be 10-12 days after surgery.

If you have any questions, concerns, or problems please feel free to contact the office at (480) 219-3342