



Post-Op Instructions for Distal Biceps Tendon Repair

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the hand occurs
- It is normal for the elbow to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing
- The post-op wrap and dressing should stay on the elbow until the first post-operative visit

MEDICATIONS

- Local anesthetics are injected into the wound and shoulder joint at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects take the medication with food. If constipation occurs, consider taking an over the counter laxative.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medications changed.
- Do not drive a car or operate machinery while taking the narcotic medication or while in sling
- If your provider discussed taking a blood thinner like aspirin after surgery please take it as directed. Please contact the office should severe distal arm pain occur or significant swelling of the distal arm and/or hand occur.

ACTIVITY

- Remain in sling at all times other than personal hygiene and wardrobe changes.
- Do not engage in activities which increase elbow pain over the first 7-10 days following surgery.
- Avoid long periods of sitting or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician, it is illegal to drive in a sling
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

ICE THERAPY

- Due to the dressing and splint, it will be difficult to apply ice to the surgical site on the elbow. A medium to large ice pack can be placed over the open region of the elbow for 30 minutes at a time
- When using real ice, avoid direct skin contact over 20 minutes to prevent damage or frostbite of the skin. Check any exposed skin frequently for excessive redness, blistering, or other signs of frostbite.

EXERCISE

- Exercises specific to your procedure will be given to you by Dr. Cancienne at the first post-operative visit
- Formal physical therapy (PT) will also begin after the first post-operative appointment.

EMERGENCIES**

- Contact our office M-F 8:00AM – 5:00PM at **504-897-6351**
- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in distal arm and/or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

Jourdan M. Cancienne, M.D.

Orthopaedic Surgery Sports Medicine, Cartilage Restoration, and Shoulder
Southern Orthopaedic Specialists
2731 Napoleon Ave, New Orleans, LA 70115
(504) 897-6351



- If you have an emergency **after office hours** or on the weekend, contact **504-897-6351** and ask for Dr. Cancienne's provider on call.
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at **504-897-6351** to schedule.
- Typically the first post-operative appointment following surgery is 10-14 days following surgery
- If you have any further questions please contact us during office hours