

Post-Operative Instructions: Distal Biceps Repair

1. If you were placed in a splint this will remain in place until your follow up visit. You may use a sling for comfort over the splint. It should stay dry – you may use a bag to cover it for the shower. We will transition you into your sling at the first post op visit. Remember to bring the sling to that visit.
2. Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call the office. If you had a block at the time of surgery, expect your arm to be very weak, partially paralyzed and numb during the first day. The function should return steadily by the next day. Do not remove your sling until this happens.
3. You may ice the elbow over the splint as long as you keep the dressing dry. A bag of peas works well for this.
4. Your post-operative therapy begins on the day of surgery. Shoulder and wrist range of motion exercises should begin on the first post-operative day. You should perform these exercises 4 times per day as tolerated to maintain full shoulder and wrist motion. Other exercises may be prescribed by your physician as well. Do not lift more than a toothbrush. for 6 weeks.
5. Post-operative pain should be controlled by the prescriptions given to you. As pain improves you should try to wean off of the strong pain medication prescribed at the time of surgery. Most patients can switch to extra-strength Tylenol or Motrin after the first 1-2 weeks. Take it with food. If it upsets your stomach, let us know and stop the medication.
6. If you have a fever over 101.5°, shaking, chills or increasing pain after 3-4 days past surgery, please contact us or go to the Emergency Room. Moderate pain is expected for a week or so but should gradually diminish.

Arnot*Health*

Sports Medicine

Jaewon Chang, DO
Jared Smith, MD
300 Hoffman Street
Elmira, NY 14845
(607) 734-4110

7. You will be seen in the office 7-10 days after surgery for follow-up. If you have any problems or questions please call us at (607) 734-4110.