



Michael S. Day, MD, MPhil

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

POST-OPERATIVE INSTRUCTIONS

Distal Biceps Reinsertion

Activity

- Rest the first few days following surgery. When sitting or lying down be sure to keep your arm elevated above the level of your heart to help decrease swelling.
- **Ice** can be used as much as possible for the first 3-4 weeks to help decrease swelling. Ice should be used frequently for 20 minutes at a time.
- Wiggle your fingers regularly. Open and close your fist to maintain flexibility and motion. You may use your opposite hand to assist in these exercises.
- Please avoid high force/resistance grasping using your operative hand. Avoid lifting objects heavier than one pound for one month following surgery.
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Day.

Dressings

- A large bulky splint has been placed on your elbow/wrist and is designed to feel "snug".
- **This splint is to be left in place and will be changed at your first post-operative visit.**
- The post-operative sling that you were given at the time of surgery is to be used for comfort and does not have to be worn at all times.
- Keep your dressing clean and dry until your first follow-up visit. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry. **DO NOT SOAK** your arm in a bath tub.

Medication

- Take prescribed pain medication as needed
- You have been prescribed one of the following **pain medications**:
 - Oxycodone– Please take 1-2 tabs every 4-6 hours as needed for severe pain.
 - Tramadol- Please take 1 tab every 6 hours as needed for severe pain.****You will be provided only ONE narcotic pain medication prescription- no refills following your surgery****

- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Please take Tylenol, 1000mg every 6 hours for the first 3 days as this has significantly less side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.
- Excessive use of pain medication can lead to an increased incidence of side effects and long- term dependency issues. Please take the pain medication as directed and understand that the medications are meant to minimize pain in the initial post-operative phase but may not relieve pain completely.

Physical Therapy

- The need for a timing of outpatient physical therapy will be determined by Dr. Day and discussed at your first post-operative visit.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment **10-14 days** after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, chest pain, shortness of breath, excessive incisional drainage, or persisting arm numbness.
- If you have any questions or concerns please feel free to call the office.