

## **POSTOPERATIVE INSTRUCTIONS**

### **DISTAL BICEPS REPAIR**

#### **DIET**

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

#### **WOUND CARE**

- There will be a dressing placed after surgery. As long as the dressing remains clean and intact it may be left alone.
- If soiled or starting to peel off, the dressing may be removed, but LEAVE STERISTRIPS (white tape) in place.
- You may shower after the splint is removed.
- Cover incision sites with waterproof bandage prior to getting into the shower.
- If incisions accidentally get wet, DO NOT SCRUB – gently pat them dry with a clean towel.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages. It may appear to be a pinkish-yellow fluid and is normal.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your sling starting the day after surgery – NO immersion of operative arm (i.e. bath)

#### **MEDICATIONS**

- Colace (Docusate Sodium)
  - This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
  - Take 1 pill in the morning and 1 in the evening to prevent constipation.
  - It is normal to take several days to make a bowel movement after surgery
  - Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.
- Hydrocodone/Acetaminophen (Norco)
  - This is a narcotic medication for pain.
  - This medication is to be taken only AS NEEDED.
  - Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hours for the first 2-3 days.
  - After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
  - DO NOT exceed 4,000 mg of Acetaminophen in a 24-hour period.
  - DO NOT drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.
- Zofran (Ondansetron)
  - This is an anti-nausea medication.

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- It is a dissolving tablet – place it on your tongue, allow it to dissolve, and swallow.
- Take this as needed every 4-6 hours for the first 2 days after surgery.
- Ibuprofen (i.e. Advil/Motrin) – over the counter
  - As long as you have no personal history of adverse response to anti-inflammatories, use an over-the counter anti-inflammatory such as **Ibuprofen (i.e. Advil/Motrin) 600-800 mg as frequently as every 8 hours** with food to help swelling and pain in addition to the prescribed pain medication.

### **ACTIVITY**

- Keep your brace on at all times, with no motion of the elbow until cleared by our office.
- Wrist and shoulder range of motion is OK
- No driving until instructed.
- May return to sedentary work or school 3-4 days after surgery if pain is tolerable

### **EXERCISE**

- Formal physical therapy (PT) will begin within a week of your surgery. A prescription will be given to you. Please give the therapist the REHABILITATION form from our office, also located on my website.
- Wrist and shoulder range of motion is OK

### **FOLLOW-UP CARE/QUESTIONS**

- Dr. Juhan will call you (typically on your first day after surgery) to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please call the office at **408-293-7767**
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling at **408-293-7767**.
- For any other questions or concerns please contact Dr. Juhan via email ([tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)) at the office (**408-293-7767**)

### **\*\*EMERGENCIES\*\***

Contact Dr. Juhan at the office (**408-293-7767**) or by email ([tjuhan@goldenstateortho.com](mailto:tjuhan@goldenstateortho.com)) if any of the following are present:

- Painful swelling or numbness
- Unrelenting pain
- Fever (note – it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
- Redness around incisions

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- Color change in wrist or hand
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- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

**Proceed to the nearest emergency room if you have an emergency that requires immediate attention.**