

OPEN DISTAL BICEPS REPAIR/ RECONSTRUCTION POSTOPERATIVE INSTRUCTIONS



Dr. Bryan Butler
813-684-2663



PATIENT NAME: _____ **NEXT APPOINTMENT:** _____

PAIN EXPECTATIONS & MANAGEMENT

During the first few weeks of recovery, it is normal to experience moderate-severe pain that will not be fully relieved by pain medication alone. Swelling, diffuse bruising, and discomfort should be expected. Please call our office at least 48 hours in advance if you require a refill on pain medication. Prescriptions will not be filled over the weekend.

Medication Prescribed On The Day of Surgery:

- Percocet 5-325mg (Oxycodone + Tylenol)

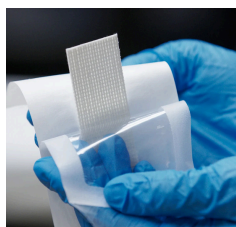
Additional Over-The-Counter (OTC) Medications You May Require:

- OTC Stool Softeners may be taken with pain medications to reduce side-effects like constipation.
- OTC anti-inflammatories such as Ibuprofen or Motrin can be taken to assist with pain.

****Please consult your primary care physician to make sure these medications are safe to take.****

! Narcotic pain medications are **NOT** mandatory and should only be taken for moderate-severe pain. For best pain relief results: (1) Take pain medications and OTC medications if able (2) Ice 4-5x daily (3) Perform home exercises.

WOUND CARE



- 48 hours after surgery, remove the outer dressing
- DO NOT remove the white or clear tape covering your incision (this is removed at your post-op)
- You may shower normally 48 hours after surgery, DO NOT scrub the area
- DO NOT clean the incision with Alcohol/Peroxide
- DO NOT apply lotions/creams to the incision.
- DO NOT submerge the area under water.

WHEN TO CALL YOUR SURGEON

Please call our office first if you are experiencing any of the following:

- Persistent fever > 102, chills
- Drainage from your incision lasting > 5 days, hives or new rashes, OR increasing pain at surgical site
- Increased swelling/pain in the calf
- New onset of numbness or tingling
- Shortness of breath or chest pain

ACTIVITY & HYGIENE

Activity:

- Do not lift, push, pull, or put weight on your operated elbow.
- Wear your sling for comfort. May begin working on elbow motion as tolerated.
- If reconstruction: will be in a splint/hinge elbow brace. DO NOT REMOVE.

Hygiene:

- You may shower normally 48-72 hours after surgery once the outer dressings are removed.
- If reconstruction: will remain in the splint until postoperative visit.

Dressing Tips:

- Put your surgical arm through your shirt sleeve first. You may use that arm to button your shirt/fasten pants.
- DO NOT use your surgical arm to tuck in your shirt.

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HOME EXERCISES

Home exercises play an important role in reducing pain, and postoperative swelling. Please begin these exercises 2-3 days after surgery, or when pain begins to subside.

Range of Motion Exercises:

Patient will begin elbow motion as tolerated. Straightening and bending the elbow.

May use the other arm to bend the elbow back to 90 if needed.