
Patient Surgery Discharge Instructions

Distal Biceps Tendon Repair

The following information is to help make your recovery from surgery as smooth and rapid as possible. If you have any questions, contact the office at the number above.

Activity

Weight Bearing

- You should not place any weight through your arm or lift any amount of weight until cleared to do so by Dr. Mayo

Splint/Sling

- You are in a splint that limits your elbow motion. This will remain on for 1-2 weeks. Do not take it off, it will be removed at your first appointment.
- You can wear a sling for comfort as needed. Would recommend wearing it while you sleep to avoid accidentally trying to use your arm.

Driving

- You may not drive until cleared to do so by Dr. Mayo or his team.

Sleeping

- You may find it more comfortable to sleep propped up in bed or in a reclining chair/couch.

Physical Therapy

- Your physical therapy needs will be discussed at your postoperative visit.
- You can do the following home exercises several times per day until then.
 - Shoulder shrugs (up and back) and postural exercises
 - Hand and wrist range of motion can begin on the first day. You should perform these exercises 4 times per day as tolerated.

Smoking

- Refrain from smoking as it can interfere with healing.
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Pain Control

Postoperative pain is common but should be controlled by these interventions.

Ice Therapy

- Apply ice or use your cold therapy unit, if you have one, as often as you can tolerate for the first several days after surgery. Wear it over your clothing. Change the water every 4 hours while awake.

Pain medications

- Tylenol (Acetaminophen) 500 mg
 - Take every 6 hours for 1 week (scheduled, not as needed) to control your pain.
 - After 1 week, take it as needed.
- Naproxen 500 mg – this is an anti-inflammatory pain medication.
 - Take twice a day (scheduled, not as needed) to control your pain.
- Oxycodone 5 mg – this is a narcotic pain medication. Take as instructed below.
 - Day 0-1: Take 5 mg every 4 hours as needed for pain.
 - Day 2-3: Take 5 mg every 6 hours as needed for pain.
 - Day 4-6: Take 5 mg every 8 hours as needed for pain.
 - Day 7-8: Take 5 mg every 12 hours as needed for pain.
 - Day 9: Take 5 mg before bedtime as needed for pain.



- Do not take more than prescribed. After this continue with acetaminophen.
- This is the only prescription for a narcotic pain medication that we will provide. Any additional pain medications after this will need to be provided by your primary care physician.

Other Medications

Blood Thinner

- Aspirin (Ecotrin) 81 mg – this is to help prevent blood clots after surgery.
 - Take twice a day for 28 days whether you are having pain or not.

Other Medications

- Promethazine (Phenergan) 12.5 mg – this is to help with postoperative nausea.
 - Take every 6 hours as needed for nausea/vomiting for up to 7 days.
- Colace 100 mg – this is an over the counter medication for postoperative constipation.
 - Take twice a day as needed for constipation.

Home Medications

- Resume your other home medications as instructed.

Dressings/Bathing

Bandages/Dressings

- Keep all your bandages and splint clean and dry.
- If your dressing or splint get wet, or saturated with blood, please call the office at the number below for instructions.
- Leave all your bandages on until follow-up visit.
- Postoperative bleeding is not unusual. Reinforcing your dressing is alright. If you have concerns about the amount of bleeding, please call.

Showering/Bathing

- You can shower if you can keep your bandages covered and dry.
- Keep your wounds dry until your first visit after surgery.
- No soaking in a bathtub or any swimming (pool, hot tub, lake, river, etc.).

Follow-up & When to Call

- Follow-up will be in approximately 1-2 weeks with Dr. Mayo or his team. If you do not have an appointment already scheduled, please call the office number above.
- If you have *any* concerns about your recovery, feel free to call our office. It is better to check early rather than wait if something seems wrong
- Call the office promptly and/or report to the Emergency Department for evaluation if you develop any of the following: signs or symptoms of infection, including fever >101.5, marked increase in pain, new redness, or increased drainage, particularly purulent drainage, or if you develop unusual chest pain and/or shortness of breath, significant calf swelling, tightness, or pain.
- Call the office or seek medical attention if you have calf swelling, redness, or pain; this can be a sign of a blood clot (DVT).
- If your fingers become cold, discolored, or you feel increased numbness or tingling, loosen the sling and/or bandages slightly and call the office if symptoms do not improve quickly.
- If this is after hours and urgent, please call 855-750-5757. If of an emergent nature, please go to your local Emergency Department to be evaluated.

