

Distal Bicep Tendon Repair

Home Care Instructions

- Sling/Movement** If you underwent a surgery to reattach your bicep tendon at the elbow, then you will be placed in a soft cast for 1 week after surgery. Your arm will be kept flexed in order to take the tension off the repair. This will limit the movement of your elbow as to not disrupt your bicep tendon repair. You may move your shoulder in any direction that is comfortable. Do not force the motion though because this will likely cause pain.
- Activity & Diet** If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had the surgery. Resume normal diet as tolerated.
- Pain Medication** You will be given an antibiotic for 3 days after surgery. Use pain medication as needed. You may also use Tylenol (500mg every 6 hours) if the narcotic is too much. To start immediately post-op day #1: 2000mg Vitamin C until the wound is completely healed. You can come off prescription pain medication when you feel comfortable. Try and avoid NSAIDS such as Motrin, Aleve, etc. for the first several weeks as these might compromise healing potential. The response to surgery over the first 5 days is quite individual. Do not hesitate to take 2 tablets of the pain medications every 4-6 hours if needed, and do not hesitate to use supplemental medication for a short period of time. You have been prescribed an antibiotic, although the risk for infection is very low. The pain medication may cause constipation; drink plenty of fluids, apple juice, and prune juice as needed. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter.
- Wound Care and Showering** Your dressing is NOT waterproof; therefore, you are not to get your soft cast wet. You can bathe; however, you will need to cover your arm with a plastic bag to avoid getting your incisions wet. Your soft cast will be removed at your first post-op visit at which point you will be allowed to start getting your incisions wet.
- Return Visit** Please call the office with any questions or concerns and to schedule a postoperative appointment. This should be scheduled 7 days after surgery. At this visit your sutures will be removed.
- Emergency** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.
- ** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****