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NAME OF PATIENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kristofer J. Jones, M.D.**

Sports Medicine, Shoulder Surgery and Cartilage Restoration

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**POST-OPERATIVE INSTRUCTIONS – DISTAL BICEPS TENDON REPAIR**

**WOUND CARE**

* A plaster splint will be placed on your arm after surgery. You will not be able to bend or straighten your arm. However, gently make a loose fist and spread your fingers apart to keep the circulation moving in your arm.
* DO NOT REMOVE THE SPLINT, DO NOT REMOVE THE DRESSING.
* Use the Cryocuff or Ice as often as possible for the first 7 days, then as needed for pain relief.
* A sling will be placed on your arm in the recovery room.
* Rest with a pillow under your elbow.
* Your fingers may become swollen. Moving them frequently will help minimize this.
* You may notice SLIGHT numbness / tingling in your fingers. This is normal for the first 12-24 hours. If this persists, please contact the office. You may be directed to loosen the Ace bandage on your arm.
* You may shower on Post-Op Day #3. Please cover your arm and the splint with plastic wrap and secure it around your upper arm with tape. Gently pat the area dry. Do not get the splint wet – it will break down. Do not soak the elbow in water. Do not go swimming in the pool or ocean until your sutures are removed.

**EXERCISES**

* Wear the sling at all times. You may remove the sling for showering, but keep the arm across the chest.
* Please perform the exercises below up to 2-3 times daily:
	+ - * Hand / Wrist Range of Motion Exercises
			* Grip Strengthening – consisting of opening/closing your hand while holding a soft ball

**POST-OP**

* You will be given a prescription for pain relief for you to use post-operatively:
	+ - * A strong narcotic is to be used as prescribed.
			* You may supplement these pain meds with an anti-inflammatory or Tylenol. One of these medications will be prescribed based upon your pre-operative conversation with Dr. Jones.
* If you have any adverse effects with the medications, please call our office.
* If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

**FOLLOW-UP**

* Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (310) 825-6095.**