

OrthoNeuro

A Multi-Specialty Center of Excellence

Distal Biceps / Triceps Repair Discharge Instructions

Scott P. Stephens, M.D.

www.scottstephensmd.com

Safety and Activity

- Maintain your sling or splint at all times except for bathing, dressing, and exercises.
- Do not play sports or do any lifting until Dr. Stephens approves
- Do not drive until cleared by Dr. Stephens and off of pain medications
- Frequently move your fingers and wrist to reduce swelling
- A minimum of 4-6 weeks is necessary after surgery before returning to most activities.
- Full elbow motion and strength are necessary before returning to sports.
- Return to work depends on the type of employment. Desk work can be done in a few days using the non-operative arm. Physical labor jobs may require anywhere from 6-12 weeks before returning to work. Discuss this with Dr. Stephens.

Pain Management

- You will be prescribed pain medication. Take this as needed.
- Take Ibuprofen as directed, if you have no contraindications to this medication.
- Icing the elbow for 15-20 minutes every 1-2 hours will help reduce swelling and pain. To avoid overcooling, don't sleep with ice on.
 - You should always have a light towel, dressing, or clothing between the ice and your skin. Surgical swelling peaks around 48 hours after surgery but you may continue to use ice if it is helping with pain control.
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet

Wound care

- In order to prevent infection, you will be cleaned with a solution in the operating room.
 - Our hospital uses two different solutions: the Betadine solution will leave an orangish discoloration on your skin or the Chloraprep solution will leave a bluish discoloration.

- You currently have a bulky elbow dressing. Please keep this dressing in place for 24 hours, then remove it. After 48 hours you may shower. Leave the steristrips in place. It is ok to get these wet. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- Do not scrub or soak your shoulder.
- Do not apply any medicated ointments to your operative site.

Follow-Up Appointment

- Refer to your appointment card. If you need to change this for any reason, call the office at (614) 839-2150 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
 - Fever over 101 F
 - Changes in the color or temperature of your fingers
 - Sudden, severe pain or pain that is not relieved by medication
 - Inability to urinate within 6 hours of leaving the hospital
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- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact **Michelle** at **(614) 839-2150**
 - For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.
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- Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

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