

# POSTOPERATIVE INFORMATION

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PATIENT STICKER

### POST-OPERATIVE INSTRUCTIONS DISTAL BICEPS/TRICEPS TENDON REPAIR

1. 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.
2. Pain medication (NORCO or PERCOCET) is prescribed for you following surgery. Use the pain medication when needed. You can also use the anti-inflammatory as it will help keep the swelling to a minimum and will help control pain.
3. You may shower 72 hours after surgery. Cover the arm with a plastic bag and secure it around your upper arm with tape. Do NOT get the splint wet.
4. Your fingers may become swollen. Moving them frequently and elevating your arm above your heart will help minimize this.
5. You may notice SLIGHT numbness/tingling in your fingers. This is normal for the first 12-24 hours. If this persists or worsens, contact the office. You may be directed to loosen the ace bandage on your arm.
6. You may use your hand to write. You may NOT lift or push anything. Because the elbow is nearly straight, it may be difficult to use it to eat, etc.
7. Because the splint is heavy, your shoulder may become sore. Shrug your shoulders frequently to help minimize this.
8. Please call the office to schedule a follow-up appointment for wound check, xrays and possible application of brace, 10 days post-operatively.

#### **Expected Rehab Timeline**

- 1) 0-2 weeks: splint
- 2) 2-4 weeks: brace 30-130
- 3) 4-6 weeks: brace 10-130
- 4) 6-8 weeks unlock then D/C brace when comfortable
- 5) PT begins week 3 or 4.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**