

POSTOPERATIVE INFORMATION

SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

www.gamradtortho.com

Keck School of
Medicine of USC

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 (PERCOCET) and an anti-inflammatory (NAPROSYN) are prescribed for you following surgery. Use the pain medication when needed. Use the anti-inflammatory as prescribed as it will help keep the swelling to a minimum and will help control pain.
3. You may shower. Cover the arm with a plastic bag and secure it around your upper arm with tape.
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.