

Discharge Instructions after Distal Biceps Tendon Repair

- You have a splint and dressing keeping your arm at a 90 degree angle. Your arm must be kept at this angle to protect the repair.
- Use ice on the elbow intermittently over the first 48 hours after surgery.
- Use the prescribed pain medicine liberally over the first 48 hours, and then you can begin to taper your use. **DO NOT TAKE MORE THAN THE PRESCRIBED DOSE.** You may take Extra Strength Tylenol or Tylenol in place of the pain pills.
- Leave the dressing in place until your follow-up appointment.
- You may shower after surgery. The dressing CANNOT get wet during your shower. Wrap the dressing with a dry towel and place your arm in a large trash bag.
- Take one 81 mg aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/allergy or asthma.
- You may receive Indocin (Indomethacin) to take after surgery. If so, take as per the prescription. You MUST take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. Otherwise, continue to take it regardless of how your elbow feels. **While taking Indocin DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Narprosyn.**
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly.

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.