



TENNESSEE ORTHOPAEDIC ALLIANCE

Postoperative instructions

Distal Biceps Repair

Weightbearing: No weightbearing to the operative extremity

Dressing instructions: Keep your splint or cast clean and dry at all times. It will be removed at your first post-operative appointment. Your stitches will be removed at this visit.

Splint/cast instructions: Do not get your splint wet. If it becomes wet, please contact our clinic to have it changed as soon as able.

Pain control: You have been given a prescription to be taken as directed for post-operative pain control. In addition, elevate the operative extremity above the heart at all times to prevent swelling and throbbing pain.

Take over-the-counter Colace, 100mg by mouth twice a day while taking narcotic pain medications to help prevent constipation.

Please call 931-552-4340 for any problems. Including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F

Please call 931-552-4340 if you do not receive or are unsure of your first follow-up appointment. You should have an appointment 10-14 days after your surgery.

Follow up appointments:

- 1) 10-14 days with Dr. Teske for suture removal and wound check.
- 2) Dr. Teske, 4-6 weeks for re-evaluation

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