



Vipul Dua M.D., LLC
www.drVIPULduaorthopedics.com

DISTAL BICEP/TRICEP TENDON REPAIR

Following your elbow tendon repair surgery, you will be discharged home the same day.

Activity

You will be sent home in a splint and sling which should be worn until your first post-op visit. You may move your fingers while in the splint/sling. The length of time you will need to stay in the splint depends on the extent of your repair. The timing and length of physical therapy needed will depend on the extent of your surgery as well. This will be discussed at your office visit. Frequent application of ice is advised for the first 48 hours. Elevate the arm as much as possible to decrease swelling.

Dressing

The splint will remain in place until your follow-up visit. The length of time you will need to remain immobilized depends on how the surgical repair went and how you're recovering. **Do not get the splint wet!** If the splint becomes wet, contact the office immediately. You may shower and get the incision wet once you are out of the splint. Avoid using creams, lotions, and other topical products on the incision until it is completely healed.

Driving

You may begin driving as soon as the splint/sling are discontinued and you can turn the steering wheel without difficulty. Do not take narcotic pain medication prior to driving!

Work

Timing for returning to work will depend on the field of work you're in and how large your repair is. Everyone recovers differently so we will determine appropriate return to work dates for your situation.

Pain Management

You will be provided with pain medication prescriptions at your pre-op appointment. It is important that you stay on top of your pain and take the medications as directed. You will have a nerve block for your procedure which may last up to 24 hours. It is recommended you take pain medication prior to going to sleep since the block will likely begin to wear off in the middle of the night. If you need a refill of your pain medications call the office ahead of time. Please allow us 24-48 hours to complete your request. Prescriptions will only be filled during normal business hours. Narcotics cannot be called into the pharmacy so you will need to pick up a prescription at the office.

Please call the office immediately if you develop any of the following worrisome symptoms: High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, calf swelling/tenderness, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.