

Randy Clark, MD
Revere Health Coral Desert Orthopedics
2825 south mall drive
St. George, UT 84790
435-628-9393 phone
435-628-9382 fax

Post-operative Instructions **Biceps Tendon Repair**

General:

1. You will be given a prescription for pain medication (Vicodin or Percocet). You will have post-surgical pain for the first week after surgery. You will also be given a prescription for Naprosyn or Vioxx, anti-inflammatory medications. This will help alleviate the inflammation and will aid in decreasing pain and thus decrease the need for the pain medication. Take the Napsosyn or Vioxx with meal; if severe stomach develops, discontinue it and call the office.
2. Keep the incision clean and dry. You may shower with a plastic bag or plastic wrap (saran wrap) around the arm to cover the splint. Surgical supply stores carry such plastic wraps for keeping an extremity dry after surgery.
3. Apply ice packs to covered incision 20-30 minutes four times per day.
4. The sutures are removed 8-10 days after surgery.
5. Maintain arm elevation while sitting & sleeping at night. Put a pillow under the arm while in bed.
6. You may develop bruising around your elbow and down to the wrist. Do not be alarmed; this is normal following surgery. If you develop significant arm swelling, redness, or tenderness, you should contact our office promptly.
7. It is also normal to develop a low-grade fever after surgery (up to 100.5°).
8. You should contact our office if you develop significant drainage from the surgical incision, redness, or fever above 101°.

Activity Guidelines:

1. Wear the splint and sling as applied immediately following surgery. The splint will be removed at the first post op visit and a brace will be applied. After application you should move your arm PASSIVELY within the limits set by Dr. Clark. The brace should be worn for sleeping during the first 4 weeks after surgery to protect the tendon repair.
2. You will begin bending the elbow at approximately 7-8 days after surgery. You will work on passive bending (using your own muscle power) to the limits set by Dr. Clark, and active straightening (using your good arm to help straighten the operated arm). At 4-6 weeks, you will begin formal physical therapy three times per week for approximately 3 months.
3. The first goal in physical therapy will be to restore full range of motion, followed by triceps and biceps muscle strengthening.