

STEPHAN J. SWEET, M.D., M.P.H.
A Professional Corporation
Sports Medicine, Arthroscopy, & General Orthopedic Surgery

POST OPERATIVE INSTRUCTION-DISTAL BICEPS/TRICEPS TENDON REPAIR

- Soft Dressing will be placed on your arm after surgery. Please keep the dressing on until your first follow up. You are encouraged to bend and straighten your arm. Also gently make a loose fist and spread your fingers apart to keep the circulation moving in your arm. You may remove the sling to do these activities 3-5 times per day.
- You will be given two prescriptions for pain relief for you to use post-operatively: (Norco) and an Anti-inflammatory (Naprosyn) 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.
- You may shower. Please cover the arm with a plastic bag and secure it around your upper arm with tape.
- Your fingers may become swollen. Moving them frequently and elevating your arm above your heart will help minimize this.
- 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.
- You may use your hand to write. You may NOT lift or push anything.
- Because of the sling, your shoulder may become sore. Shrug your shoulders frequently to help minimize this.
- Please Call the office to schedule a follow up appointment for wound check 10-14 days post operatively.
- Expected Rehab Timeline.
 1. 0-2 weeks: Sling, Start PT 2 weeks after surgery
 2. 2-6 weeks: Work on elbow range of motion
 3. 6-12 weeks: Start gentle strengthening
 4. 12-20 weeks: Heavy lifting is allowed
 5. 20 weeks: Clear for sports and all activity

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE