

**Andrew Zogby, MD**

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**Post-Operative Instructions**

**Distal Biceps Repair**

1. SPLINT: Leave the dressing/splint in place until your post operative appointment. If you wish to shower, use a plastic bag or saran wrap to keep your dressing/splint dry.
2. SHOWER: You can shower 2 days after surgery but your surgical splint needs to stay dry at all times. We recommend covering your splint a plastic bag and some tape.
3. ACTIVITY: Rest the day of surgery. Non-weight bearing with your operative arm in the splint. Ok to move your hand and wrist as tolerated. You may place a pillow under your forearm for comfort. It may be easier to sleep sitting up for the first few days.
4. DRIVING: No driving is allowed while you are wearing the sling and when in splint.
5. RETURNING TO WORK OR SCHOOL: You may return to work (sedentary) or school 5-7 days after surgery if pain is tolerable. Returning to heavy labor will be determined by Dr. Zogby
6. POST OPERATIVE VISIT: You should already have a postoperative visit scheduled. If not, call the office after surgery to make an appointment 10-14 days after surgery.
7. PHYSICAL THERAPY: You should arrange to see a physical therapist for rehabilitation. You will start therapy 2 weeks after surgery. You will receive instructions to give to the physical therapist.
8. If you develop a fever (101.5), redness or drainage from the surgical incision site, please CALL (844-377-7678) our office to arrange for an evaluation.
9. PRESCRIPTIONS: You will receive prescriptions for medication to be used after surgery: these may include a narcotic pain medication, an anti-inflammatory, and/or an anti-nausea medication, and/or stool softener.

Tylenol (acetaminophen)

* + Take up to 975mg every 8 hours as baseline pain control. Can take on scheduled basis then as needed as pain control improves. Do NOT exceed 3000mg total in a 24 hour period, as this can cause damage to your liver. This is your baseline pain control.

Narcotic Pain Medication: Oxycodone or Percocet

* + Initially after surgery, you can take 1-2 tablets of the narcotic pain medication every 4-6 hours depending on your pain level. Once your pain is well controlled, you can taper off the medication.
	+ Generally used for 1-2 weeks after surgery
	+ May cause constipation and/or nausea

Anti-inflammatory Medication: Meloxicam or Motrin/Ibuprofen

* + If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, do not use.
	+ You may use over the counter ibuprofen (Advil) or Naprosyn (Aleve) instead of the prescription we give you.

Anti-nausea Medication: Zofran

* + If you have nausea after surgery, call the office so that we can provide appropriate medication.

**Every patient is different: If Dr. Zogby gives you individual instructions (even if they are different from this handout), please follow them.**

**Phone: (760) 943-6700**

**\*\*If you have any questions, please feel free to call our office.\*\***