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Patient Sticker

Date

**POST-OPERATIVE INSTRUCTIONS
DISTAL BICEPS TENDON REPAIR OF ELBOW**

1. A plaster splint will be placed on your arm after surgery. You will not be able to bend or straighten your arm. However, gently make a loose fist and spread your fingers apart to keep the circulation moving in your arm.
2. Pain medication and an anti-inflammatory are prescribed for you following surgery. Use the pain medication as needed. Use the anti-inflammatory as prescribed as it will keep the swelling to a minimum and will help control pain.
3. You may shower. Cover the arm with a plastic bag and secure it around your upper arm with tape.
4. Your fingers may become swollen. Moving them frequently will help minimize this.
5. You may notice SLIGHT numbness/tingling in your fingers. This is normal for the first 12-24 hours. If this persists, contact the office. You may be directed to loosen the ace bandage on your arm.
6. You may use your hand to write. You may NOT lift or push anything. Because the elbow is in a splint, it may be difficult to use it to eat, etc.
7. Because the cast is heavy, your shoulder may become sore. Shrug your shoulders frequently to help minimize this.
8. Make an appointment for 10-14 days after surgery for splint removal. At this time an adjustable elbow brace will be applied and sutures removed. This brace will be worn from weeks 4-6 to protect the repair. Physical therapy will begin after week 2.
9. Expected Rehab Timeline
 - 1) 0-2 weeks: splint
 - 2) 2-4 weeks: brace 30-130
 - 3) 4-6 weeks: brace 10-130
 - 4) 6-8 weeks unlock then D/C brace when comfortable
 - 5) PT begins week 3 or 4.