

Distal Biceps Tendon Repair

Day of Surgery

- Bring 2-3 pillows so you can elevate your arm on the way home. Please leave pillows in your car during your surgery.

Care of the Surgical Site

- Keep your dressing dry until your follow up appointment.
- It is normal to have some drainage but if the dressing becomes soaked or too tight, contact your surgeon’s office to arrange an appointment or go to the nearest emergency room or urgent care.
- Once the sutures have been removed you may shower and gently wash the incision with soap and water. Pat the incision dry.
- Do not soak in a bath or use a hot tub or swimming pool for 2 weeks.
- Do not apply any creams, lotions or powders on the incision.
- To help reduce swelling and pain:
 - Keep your arm elevated above heart level (supported on pillows) up to 5 days
 - Use a covered ice pack front and back; apply for 20 minutes 4 times a day for 48 hours.

Activity

- Wiggle your fingers and open and close your fist 4 times every hour.
- Ask your surgeon when you can return to work and when it’s safe to drive.
- **DO NOT** (until your surgeon or therapist tells you it’s safe to do so):
 - Lift or carry anything with your operative arm
 - Push or pull anything including opening and closing doors

Follow Up

- Keep your follow up appointment with your surgeon. If you do not receive an appointment or need to change it, please call the surgeon’s office to make other arrangements.
- If you have concerns about your care, please **contact your surgeon's office between 8:00 am and 3:00 pm**. Please leave a message if the phone is not answered immediately as the administrative assistant may be occupied and will return your call promptly.
- **For after-hours urgent assistance**, please go to your local emergency room or urgent care centre.

Pain pill prescriptions cannot be renewed after 3:00 pm. If you think you will run out of pain medications, please contact your surgeon’s office between 8:00 am and 3:00 pm. You may also contact your family physician for renewals.