

# After Your Distal Bicep Tendon Repair Surgery

## Dr. Paul Nielsen

### Dressings and Wound Care

- After surgery you will have a bulky splint on your elbow to hold it in a good position
  - Use the sling as much as it is comfortable with the weight of the splint
- Leave the splint in place until follow up
  - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your splint

### Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
  - Valium may be prescribed to help with muscle spasms
- You are allowed to drive when you are not taking prescription pain medication if you can do so safely

### Activity

- You are encouraged to aggressively move your fingers immediately after surgery
- Elevate your elbow above heart for the first few days after surgery
- Do not lift anything more than 2 pounds until after your first post-operative appointment
  - Avoid any twisting motions of your forearm as well

### Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
  - Additional appointments are at 6 weeks, 12 weeks, and 16 weeks after surgery
- You will switch to a hinged elbow brace to begin movement at your first post-op appointment
- Formal therapy is usually started for strengthening 12 weeks after surgery

### Results

- Most patients regain normal or near-normal strength in their bicep after surgery
  - Full recovery often takes 6-12 months to feel completely normal again
- Re-rupture is uncommon but possible