

## Postoperative Instructions: Distal Biceps Repair

### POSTOPERATIVE MEDICATIONS

- INTERSCALENE NERVE BLOCK
  - A combination of local anesthetics is used to numb your elbow and arm so your brain will not receive any pain signals during and immediately after surgery. The length of effect varies from person to person, but the block usually provides 8-12 hours of pain relief. You will notice a gradual increase in pain as this begins to wear off at which time you can increase the frequency of the oral pain medications as needed.
- PAIN MEDICATIONS
  - **Acetaminophen** (Tylenol) 500mg every 6 hours as needed
  - **Oxycodone** 5 mg
    - Start with one tablet every six hours, even before the nerve block wears off
    - After the block wears off, you can take one to two tablets every four to six hours as needed for pain
    - On average, patients take opioid medication for 4-5 days following surgery.
  - **Gabapentin** 300mg every 8 hours for 14 days
- Heterotopic Ossification (HO) Prophylaxis
  - **Indomethacin** 75mg extended release
    - Take one table daily for 14 days
- ANTI NAUSEA MEDICATION
  - **Zofran ODT 4 mg** (Ondansetron)
    - You can take one tablet every eight hours as needed for nausea or vomiting (ONLY IF NEEDED)
- BLOOD THINNER
  - **Aspirin 325mg**
    - Take one tablet daily for 30 days, beginning the night of your surgery
    - This medication is used for its anti-platelet effect to help minimize the risk of blood clots
    - Do not take this medication if you are on another blood thinner
- GI PROPHYLAXIS
  - **Protonix** 40mg twice per day for 30 days
- ANTI-CONSTIPATION MEDICATIONS
  - **Colace**
    - Post-operative constipation can result due to a combination of inactivity, anesthesia, and pain medication. To help prevent this, you should increase your water and fiber intake. Physical activity such as walking will also help stimulate the bowels.

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## ACTIVITY INSTRUCTIONS

- **ELBOW SPLINT/BRACE: 6 WEEKS**

- A splint will be placed on your elbow immediately following surgery, which will stay on at all times until your initial postoperative visit.
- You can use the sling as needed
- **We recommend that you DO NOT drive during the period of time your arm is in the splint**

- **DIET**

- Stay hydrated
- Start with clear liquids and light foods (jello, soup, etc) and gradually introduce your regular diet.
- High fiber diet with extra fresh fruits and vegetables to help your body heal from surgery.

## WOUND CARE & BATHING

- **BANDAGE**

- You will leave the bandage and splint in place at all times, we will remove and replace at your initial postoperative visit.

- **BATHING**

- You are okay to shower as long as the entire splint and bandage stay completely dry and covered.

- **SUTURE REMOVAL**

- Stitches will need to be removed in **10-14 days**. Please contact our office to make an appointment for this if you have not already done so.

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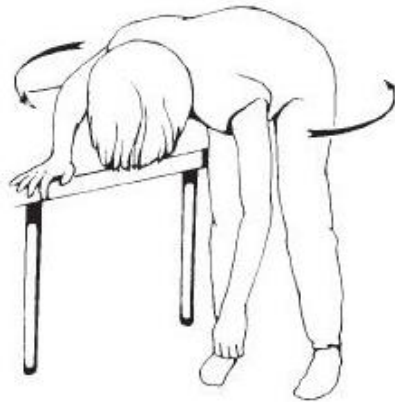
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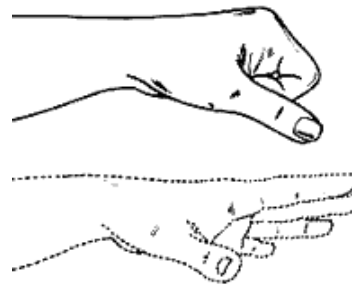


## AT-HOME EXERCISES

- **Formal physical therapy will not begin until after your initial postoperative visit. We will provide you with an order at that time.**
- You may begin the home exercises listed below **tomorrow**. You can remove your sling to perform these exercises, but **YOUR ELBOW SHOULD REMAIN IN THE SPLINT WHILE PERFORMING THESE EXERCISES.**
  - **PENDULUM EXERCISES** (10-15 repetitions per set | 2 sets | 2 times daily)
    - Bend forward at the waist using a table for support. Rock body in a circular pattern to move arm clockwise 10-15 times per set. Do 2 sets 2 times per day. Repeat rocking body from side to side and let arm swing freely.



- **HAND AND WRIST EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
  - With your arm comfortably supported, gently bend wrist back and forth.
  - Curl the fingers into the palm to make a loose fist and then straighten them out.



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**EMERGENCIES**

- When to contact our office immediately:
  - Fever > 101.5°F for at least 48 hours after surgery or chills
  - Excessive bleeding from incision(s) (a small amount of drainage is normal and expected)
  - Signs of infection of incision(s) - *excessive drainage that is soaking through your dressing (especially if it is pus-like), redness that is spreading out from the edges of your incision, or increased warmth around the surgical area.*
  - Excruciating pain for which the pain medication is not helping
- Consider going directly to the emergency room if you are experiencing any chest pain or difficulty breathing

**CONTACT INFORMATION**

- Dr. Brusalis' Office
  - Phone: 516-743-3036
  - Email: [DrBrusalisOffice@hss.edu](mailto:DrBrusalisOffice@hss.edu)
- After Hours (Evening & Weekend)
  - If you have an emergency or need to contact the office after hours or over the weekend, call the office number (516)-743-3036 and you will be directed to an on-call HSS physician.

**FOLLOW-UP**

- You will typically receive a call within 48 hours of surgery to check on your status.
- Your first postoperative visit has already been scheduled for \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_:\_\_\_\_ am / pm at:
  - **HSS Long Island** - 333 Earle Ovington Blvd, Uniondale, NY 11553
  - **HSS Queens Office** - 176-60 Union Tpke Suite 190, Queens, NY 11366
  - **HSS Manhattan** - 535 E 70th St, New York, NY 10021
- Please call our office at 516-743-3036 with any questions regarding your follow-up appointment.