

## **Elbow (Distal Biceps and Triceps Repair) Discharge instructions:**

### ***General Instructions***

- Do not get the splint wet
- Wear your sling to help support the arm
- Elevate the operative extremity when you are resting to help minimize the swelling.
- Use ice to help control the swelling and pain. DO NOT USE HEAT – this will increase the swelling.
- Call the office if you develop fevers (over 100.5) or chills.
- You should have an office appointment about 7-10 following your discharge from the hospital. If you do not please call 775-786-3040.

### ***Wound Care***

- Do not get the splint wet. Keep your splint in place until your first follow up appointment. No dressing change is needed prior to this.
- You may notice some bruising around the incision and into the operative extremity. This is not uncommon and should begin to go away within the first 2 weeks after surgery.
- At the time of surgery tape-like strips (Steri-strips) may be placed on your incision to protect it. These will eventually come off on their own. They should not be peeled away or removed.

### ***Activity***

- Estimated return to work varies depending on the demands of your job. Some ambitious patients return to desk jobs / administrative type work as early as 1 week after surgery (but usually more like 1 month). For active labor or heavy labor, it may take 3 to 6 months to return to work.
- You may not drive while you are in the splint.
- You may move your fingers and shoulder as tolerated while the splint is in place. No lifting, pulling, or pushing with the operative extremity.

### ***Medications***

- You were prescribed a short acting, narcotic pain medication. It is recommended that you begin to wean off of this medication in about 3 days after surgery. To help wean off of the pain medications or to supplement your pain control you can use Tylenol to help with pain.
- You were prescribed an anti-inflammatory medication which you will take for 14 days after surgery to prevent heterotopic ossification (extra bone forming). Take with food if GI discomfort occurs.
- You will not be discharged with any antibiotics unless there are specific concerns regarding infection.