



### **Post-Operative Instructions – Bicep tendon repair**

1. You may remove the dressing and ACE wrap 3 days after your surgery.
2. Physical therapy as per Dr. Chin's protocol. Therapist should call office for any questions.
3. **Weight bearing instructions: Non-weight bearing. You may move your hand/fingers and raise your shoulder to help prevent swelling in the elbow. You may also begin ROM of the elbow as tolerated including bending up and down at the elbow and rotating at the wrist.**
4. **Wear the sling for comfort and to remind you not to use the arm for any weight bearing activities.**
5. Begin anti-inflammatory regimen: EC-naprosyn 500 mg twice per day for 4 weeks.
6. Constipation can occur with pain medication. Take an over-the-counter laxative such as colace or senna as needed. Try to decrease pain medications as tolerated.
7. Please do not use bacitracin or other ointments under the bandage.
8. Use the cryocuff or ice packs as often as possible, and at least 20 minutes four times per day. When applying this to your elbow, please do not allow the ice bags to directly touch your skin because this may cause blistering. Place the wrap around your shoulder over clothing (T-shirt) to prevent skin problems. After the first 48 hours, it is no longer necessary to use this continuously but only as needed for pain and swelling.
9. Driving may be accomplished when you are no longer taking narcotic pain medications. As long as you wear your sling as instructed by your doctor and are no longer taking narcotics, you may drive if you are comfortable doing so. Driving with automatic transmission (as compared to manual transmission) is recommended. Most people do not drive after the surgery for at least 10 days.
10. Discontinue pain meds when able.
11. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange an evaluation.

**If you have any questions or concerns, please call our office 832-698-0111.**