



CONNECTICUT  
CENTER FOR  
ORTHOPEDIC  
SURGERY, LLC

James T. Mazzara, MD

Orthopedic Surgeon

www.OrthoOnTheWeb.com

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## Biceps / Triceps Tendon Repair at the Elbow

**Activity:** After your biceps tendon repair at the elbow, you will be placed in a bulky dressing and splint. This should remain in place until you first post op visit at 7-10 days after surgery. After the first postoperative visit, the dressing may be removed and you may be placed in a removable splint or hinged brace. You should wear the sling for comfort. You are encouraged to use the hand only to prevent the hand and fingers from becoming stiff. After the postoperative dressing is removed, you may shower and the wounds may get wet. After a shower, clean the wounds with alcohol and cover with a Band-Aid. If there is a paper Steri-strips leave it intact and covered with a Band-Aid.

It is normal for the arm to be painful after surgery. Apply ice as often as tolerated. Some stiffness is to be expected. Sensitivity of the incision is common and may occur at about 4 weeks post op and may last for several weeks. If this occurs, massage hydrocortisone cream (available over the counter) into the incision 3 times per day. I will teach you how to perform range of motion exercises at the first post op visit.

**Dressings:** Keep the postoperative dressing clean, dry and intact until you are seen at the first postoperative visit. Apply Ice to the padded dressing as often as possible. You may purchase a cast cover from the pharmacy or surgical supply to keep the dressing dry during showers.

You will be given a prescription for a special brace that you should purchase and bring to the first post op visit. Call our office or your insurance carrier to find out where this brace should be obtained.

**Medications:** You may resume your normal medications that you took prior to surgery. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my staff during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends. **Plan ahead.** Medications for postoperative pain are as follows:

\_\_\_\_\_ 1-2 pills every 4 hours if you have pain.

You may take 3 tabs of \_\_\_\_\_ every 4 hours for very severe pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may not take over-the-counter anti-inflammatory medications such as Advil or Aleve if you are taking the Indomethacin noted below. Once the nerve block begins to wear off, start your pain medicine.

To reduce the complication of "heterotopic bone formation" and to help with pain control, you are asked to take the following medication or an equivalent anti-inflammatory, if you can tolerate such medications for 6 weeks: **Indomethacin 25 mg orally three times per day with food.**

**Follow up:** Make an appointment to be seen approximately 7-10 days after surgery. I will discuss the procedure and the findings during surgery at this visit.

**Problems:** Complications from elbow surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero". Call the office for a temperature over 101 degrees, pain not controlled by the pain medication.

**CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. For emergencies, you should call this number and talk with me or the covering doctor.