



**Dr. Edward Kelly**  
[www.edwardkellymd.com](http://www.edwardkellymd.com)

## **Distal Biceps Tendon Repair Surgery**

### **PRE-OP PREP-**

We suggest showering with Hibiclense antibacterial soap the night before and morning of the surgery. If you are unable to find the specific brand, ask your pharmacy for an antiseptic wash. You are to wash your entire body avoiding hair, face and genitals the night before and the morning of surgery. The morning of surgery after you shower you should put on freshly laundered clothes and should not apply deodorants or lotions to the skin.

### **PAIN**

Expect to have pain following surgery. Pain medication has been prescribed for you. Take these as directed. Pain medication can help relieve some of your pain but it often does not completely take your pain away. It is important to keep your pain under control; it is hard to play catch up with your pain. You can expect your pain to increase with movement and activity. The first few days following surgery can be the most painful. Just remember, it will get better.

### **DRESSINGS**

Following a distal biceps tendon repair, you will be placed in a bulky dressing including the wrist and the elbow. You should keep your arm in a sling as much as possible. You should keep the bulky dressing clean and dry. After the bulky dressing is removed 24-48 hours after surgery, Steri-strips should stay in place and may have dried blood on them. If they fall off, you can place a band-aid over the incision. You are ok to shower and get your incision site wet but do not soak in a tub or go in a hot tub or pool. Take the pain medication as needed but follow all directions on the bottle and do not take more than prescribed to avoid abuse.

### **ACTIVITIES**

You should keep your arm in a sling as much as possible. At your first post-operative appointment you will be taught early range of motion exercises to do at home. You will stay in a sling for 6 weeks and strengthening exercises will begin about 3 months following surgery. You will be restricted from any heavy lifting for 4-6 months.

### **DIET**

Start off with light meals and progress to diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting. Fiber rich foods can help minimize constipation (which is caused by narcotic pain medications and being sedentary). Loss of appetite is a normal side-effect after an operation and while on narcotic pain medication.

### **FOLLOW-UP**

Usually a follow-up appointment will be scheduled for you prior to surgery. If not please call the office as soon as possible after your surgery to make a follow-up appointment for 7-10 days post-operatively. This appointment can be made by calling 952-808-3000.

Call Kaici or Lindsey at 612-455-2023 if:

- You develop a fever (101° or above)
- You develop redness spreading or red streaks, drainage, hives, or shortness of breath.
- You have problems such as rash, itching, or continued nausea and/or vomiting with the medication.
- You have any questions, problems or concerns.