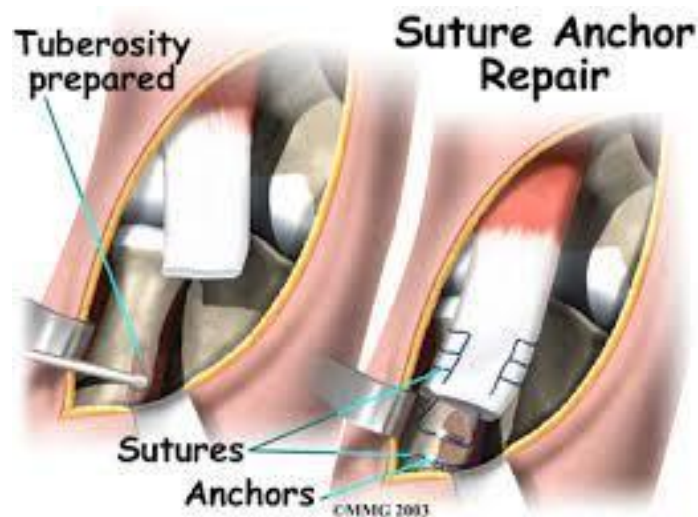


Distal Biceps Repair

Procedure:

- An incision is made over the uppermost part of your forearm near the elbow crease.
- The nerve that is present in this area is carefully identified and protected.
- The ruptured biceps tendon is then identified.
- The tendon's attachment site onto the radius (bone in forearm) is prepared for the tendon's reattachment.
- The biceps tendon is reattached to its attachment point with anchors and suture material.
- The incision is then washed out, the skin is closed with sutures, and a splint and dressing are applied.



What to Expect: Distal Biceps Repair Post-Operative Instructions

- Following surgery, you will be given discharge instructions which provide information regarding when to schedule your follow up appointment. Please refer to the discharge instructions for details.
- Post-Operative Dressing: You will be placed in a post-operative splint which is kept in place with an ace wrap. You will also be placed in a sling. Keep splint and dressing on until follow up appointment with your physician.
 - Keep dressing clean and dry. You may shower with a plastic bag/cast cover secured over the post operative dressing. The bag will be provided to you by our surgery center.
 - Sling is to be worn at all times with exception of showering.
- Nerve block: Your nerve block (arm numbness) will wear off in as little as 2hrs up to 24hrs.
- Pain Control: Please refer to discharge instruction provided on day of surgery for details.
- Edema (swelling): Elevate arm at or above heart level as much as possible to reduce swelling. Use Carter pillow if provided.
 - Apply ice over dressing for 10-20 minutes at a time to help with pain and swelling.
- Movement: You may move your thumb and fingers throughout the day 10 repetitions per waking hour. You may complete cradle pendulum exercises with your shoulder which will be provided with your discharge instructions. Do NOT try to move your elbow or wrist as they will be in a post-operative splint.
 - **NO** lifting, pushing or pulling with your surgical arm
- Diet: No restrictions as long as you are not nauseated and are able to swallow without difficulty.
- Driving: No driving until cleared by your physician
- At follow up appointment, stitches will be removed and you will be referred to Occupational Therapy for a hinged elbow brace or a custom splint unless otherwise advised by your physician.

NOTE: The above information may vary based on your surgical procedure. Your doctor will provide specific instructions after surgery. Please refer to discharge instructions issued on day of surgery for details.