

Post-Operative Instructions: Biceps/Triceps Repair

Coming Home

- You have been placed in a splint to immobilize the elbow. Keep the splint clean and dry.
- Wear your sling for support when walking around. You remove your sling for comfort when seated or at rest/sleeping.
- It is important to move your fingers to minimize swelling and stiffness there. It is normal for swelling to accumulate in the hand/fingers after arm surgery.

Dressings/Hygiene

- Unless otherwise directed by Dr. Gross, you should keep your splint in place until it is removed at your first post-operative follow-up visit.
- Sponge baths are recommended until your splint is removed. Entering a shower creates significant risk of getting the splint/dressings wet. Typically, you will be able to shower after your first follow-up visit.

Medications

- **Acetaminophen (Tylenol)**: This medication helps with pain. It should be taken on a scheduled basis (1000mg three every 8 hours) for as long as needed.
- **Oxycodone / Tramadol / Hydrocodone**: These are narcotic medications that can be taken as needed for pain control. You should taper off and discontinue these medications as soon as you feel you no longer need them.
- **Ibuprofen**: This is an anti-inflammatory medication that helps with pain and swelling. If prescribed, you should take the medication on a scheduled basis for the prescribed duration. Do not continue taking over-the-counter ibuprofen after your prescription is done.
- **Gabapentin**: This medication helps diminish pain signals along the sensory nerves. If prescribed, it should be taken as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the gabapentin for as long as it is beneficial.
- **Aspirin / Rivaroxaban (Xarelto) / Enoxaparin (Lovenox)**: You may have been prescribed one of these medications to help lower the risk of blood clots. If prescribed, it is important to take the full amount of medication. The over-the-counter aspirin dose is 325 mg daily for 30 days.

Follow-up and Contacts

- Your first post-operative visit has already been scheduled. It is typically 1-2 weeks after surgery.
- Please call the office if you need information regarding your first follow-up visit.
- If you have any questions or concerns, please do not hesitate to call:

Laura Cook, MA (303) 607-6348

Main Office (303) 449-2730