



LANCASTER ORTHOPEDIC GROUP

231 Granite Run Drive, Lancaster, PA 17601  
(866) LOG-1000 • (717) 560-4200 • Fax (717) 560-4159  
<http://www.lancasterortho.com>

Michael J. Bercik, MD

## **Discharge Instructions after Distal Biceps Tendon Repair**

### Your Incision

- Leave your splint and dressing in place until your follow-up appointment.
- You may shower but your splint and dressing cannot get wet. Wrap them with a dry towel and place your arm in a large trash bag and tape the top closed.

### Using Your Arm

- A sling has been provided for you. Wear this for comfort. It is recommended that you also wear it outside the house for protection.
- Do not drive for 6 weeks or until cleared to do so by your doctor.

### Medication

- Use ice on the elbow intermittently (20 minutes on/off) over the first 48 hours after surgery.
- Pain medication has been prescribed for you. Use your medication liberally over the first 48 hours, and then begin to taper your use. You may take Extra Strength Tylenol or Tylenol in place of the pain pills.
- You will receive Indocin (Indomethacin) to take after surgery. Take as per the prescription. Take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. Otherwise, continue to take it regardless of how your elbow feels. While taking Indocin, do not take any other



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nonsteroidal anti-inflammatory pain medications (Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Naprosyn).

If you are a smoker, you need to refrain from smoking in the postoperative period. The nicotine in cigarettes will inhibit healing of your repair. Similarly, nicotine containing products (gum, patches) should be avoided.

Please call 717-560-4200 for any problems. Including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F

You should see the doctor 10-14 days after your surgery.