

DISCHARGE INSTRUCTIONS FOR BICEPS TENDON REPAIR SURGERY

1. Keep your operative extremity elevated on at least 2-3 pillows for 2-3 days. Keep ice or cold therapy on operative arm as much as you can tolerate for the first 2-3 days following surgery. The coldness will help with swelling and also help with discomfort. Never put ice directly on the skin.
2. A sling will be ordered for you to wear post-op. You need to wear the sling at all times and do not remove.
3. A splint will be on post operative arm. **DO NOT REMOVE**. The doctor will remove the splint at your first post operative appointment. Keep splint dry at all times. May shower if splint is covered.
4. Pump fist and wiggle fingers hourly while awake until seen by your surgeon. This will circulate the blood from your arms to your heart and help prevent blood clots.
5. Take your pain pills as prescribed, but remember, narcotics can make you sleepy, nauseated or constipated so take them with plenty of food and water. You may take a mild laxative or a stool softener, such as Colace, as needed. No alcoholic beverages while taking pain medications.
 - You may take Ibuprofen 400-600mg every 4-6 hours as needed for pain in addition to your prescription.
 - You may **NOT** take any additional: Tylenol(Acetaminophen) Motrin(Ibuprofen, Advil, Aleve)
 - Your anesthesiologist recommends you take Bonine(Meclizine) 25mg (for nausea) one tablet at bedtime tonight and then every 12 hours while you are taking your prescription pain medication. You will not need a prescription, please ask your pharmacist.
6. May resume home medications as directed by physician. Diet as tolerated. No spicy or greasy foods recommended the day of surgery.
7. You have a follow up appointment scheduled with Dr. _____
on _____ at 900 Cooper Avenue, Suite 3100.

CALL YOUR PHYSICIAN'S OFFICE AT **989-583-7450**, IF YOU HAVE ANY OF THE FOLLOWING:

1. Pain not controlled with pain medication
2. Fever of 101 for 2 consecutive days
3. Nausea that does not subside after 24 hours after surgery
4. Able to move elbow inside splint
5. Any questions or concerns.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.