

# BEN SERVICE, M.D.

BOARD CERTIFIED ORTHOPEDIC SURGEON

**Shoulder and Elbow Specialist**

## **Distal Biceps Tendon Repair Surgery**

Plan for Care and Recovery After Your Surgery

Your health and safety are the number one focus of our entire care team. In the hospital or at the surgery center, we have many people working to help you have a successful surgery. When you return home, the responsibility for your recovery and care rests on you and your support system (such as family or friends). We want you to feel ready for a smooth transition from the hospital or surgery center to your home.

Our main goal is to make these instructions clear to help you in your recovery. We want you to have the best outcome possible. Please let us know if you have any questions.

### **Living Arrangements**

For the first night after you leave the hospital and possibly longer, a **friend** or **family** member should stay with you to help monitor your recovery, to assure that your medication is used as directed, and to let us know if there are any problems. If that type of help is not available, please let us know.

### **Pain Medications**

- Our goal is to treat your pain with multiple medicines and treatments (e.g., the sling and ice pack) in the safest way possible. This is called “multi-modal” pain control.
- Apply an **ice pack** to the site of surgery. Wrap the ice pack in a towel before placing on the elbow. Apply for 30 minutes and then take a ten-minute break. Repeat 5 times per day minimum for the first 3 days.
- You will be given an adequate supply of pain medicines to manage the pain we expect after your procedure. It is important that these be taken only as prescribed, to keep you safe and avoid complications.
- **If you do not need the pain medication or can manage with a lesser dose, that is encouraged.** Please call our office at 321-842-0060 if you have questions about the medicines.
- If you think that you will need a refill of medications, please call at least 2 days before you run out of medicines.
- If your pain worsens significantly, please call our office at 321-842-0060.

### **Other medications**

If you were taking medicines at home before surgery, please talk with us about when they can be safely restarted.

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## **General Physical Activity**

It is important for you to progressively resume your normal level of physical activity as soon as possible after surgery – walking with another person is often the safest way to start.

## **Therapy and Rehabilitation after Surgery**

Successful recovery from your elbow surgery depends on your work in the exercise program prescribed for you. If you have any questions—please let us know.

## **Restrictions**

- Do not lift with the surgically treated arm more than 1 pound to protect the repair.
- **No heavy lifting or the repair can fail.**
- Use the sling when up walking. You can remove the sling when sitting or resting.
- Walk and be active. No sports or intense activities until cleared in the office.

## **Exercises and Recovery Plan**

- You can do gentle range of motion of the surgically treated arm. **Use your other arm** to help move the elbow that had surgery.
- You can use the hand on the side of surgery for eating, drinking, cell phone use, typing, and other gentle activities.
- Physical Therapy is an important part of recovery for distal biceps tendon repair surgery. Please schedule an appointment to start within 1 week of surgery.

If you have a problem or question, please let us know sooner rather than later.

We want you to have the best outcome possible.

### **If you have an emergency: Call 911.**

- For problems during business hours that are not emergencies, please call our office at the Spring Lake Medical Pavilion at 321-842-0060. Ask to speak to a nurse or a physician's assistant from the shoulder and elbow team with Dr. Service.
- After business hours, call the paging operator at 321-842-0060 and ask to speak to the provider covering for Dr. Service's team.

Best wishes for a great recovery,

Benjamin Service, MD

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