

POST OPERATIVE INSTRUCTIONS
Orthopaedic Specialty Institute
Robert Grumet, MD
Distal Biceps Tendon Repair

1. First Post – Operative Day

- A. Continue ice pack every one to two hours while awake.
- B. Pain medication as needed.
- C. Keep elbow elevated above the heart to prevent excessive swelling.

2. Second Post – Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. You may shower this evening. You will need to keep your splint/incisions dry by covering wound with water-proof bags / plastic when taking a shower.

3. Suture Removal

- A. Your sutures and splint will need to be removed 10-14 days from surgery at your first post op visit.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113 and ask for Kelly during office hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.