








Robert A. Keller, MD

Sports Medicine and Arthroscopic Surgery
Orthopedic Surgeon



-  Book an Appointment
-  Hickory: (828) 322-5172
-  Lincolnton: (704) 732-4064
-  Boone: (828) 264-1100
-  kellersportsmed@gmail.com

Post-Operative Instructions

Distal Triceps Repair

Medications

Wound Care

Activity

Contact Information

Medications

- After your surgery and as you begin your medication regimen, start with clear liquids and light foods (jello, soup, etc). If you are not nauseated, you may progress to your normal diet.
- A pain catheter may have been placed into your arm before your surgery. This can wear off in 8-12 hours or can last for a few days. **You cannot shower until your pain catheter is removed.**
- The pain medications you were given act on different pain receptors – these should be taken as directed on the bottle starting the day of your surgery until they are gone, with one exception: Oxycodone should only be taken if the other medications are not relieving your pain. You will find an attached medication calendar to follow as an example.
- Primary Medications:
 - 1. **Acetaminophen (Tylenol) 1,000mg:** Take (2) 500mg tablets every 8 hours scheduled [Rx for 60 (500mg) tablets]
 - 2. **Tramadol (Ultram) 50mg:** Take one tablet every 8 hours scheduled [Rx for 15 (50mg) tablets]
 - 3. **Diclofenac 75mg:** Take one tablet twice a day scheduled [Rx for 30 (75mg) tablets]
 - Alternative: Meloxicam (Mobic) 15mg daily [Rx for 15 (15mg) tablets]
 - 4. **Gabapentin (Neurontin):** 200mg PO (2 pills) PO every 8 hours scheduled [Rx for 30 (100 mg) tablets]
----- *Take medications above as scheduled until they are gone*-----
 - 5. **Oxycodone 5 mg:** Take 1-2 tablets every 4 hours as needed [Rx for 10 (5mg) tablets]
 - **Only take this medication if the other scheduled pain medications are not adequately controlling your pain.**
- Common side effects of Oxycodone include nausea, drowsiness and constipation. To decrease these side effects, take with food. If constipation occurs, consider taking an over the counter laxative.
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – **Zofran**. If you are still having issues, please call our office for a possible medication change.

Wound Care

- It is normal for your elbow to bleed and swell from your surgery. If blood soaks through your bandage, do not become alarmed – reinforce with additional dressing.
- Do not remove your surgical dressing, it will be removed at your first post-op visit. Should the dressing fall off or get soaked, apply a new clean and dry dressing.
- To avoid infection, keep your incision clean and dry – NO immersion of the operative arm in water (i.e. bath).
- Your Dressing is waterproof, you can shower with dressing on (no baths or soaking)
- We will remove this dressing at your first post-operative visit



Activity

- Do not engage in activities which increase pain and swelling over the first 7-10 days after your surgery.
- Avoid long periods of sitting (without your arm supported) or long distance traveling for 2 weeks.
- May return to sedentary work or school if pain is tolerable and you are not on opiate pain medications.
- Do not do things that cause excessive stress on your triceps (deep elbow flexion, helping yourself up from bed or a chair with your surgical arm, lifting).
- Wear your sling at all times for the first week, you may come out of it for showers and if relaxing in front of the TV.

Elevation/Ice Therapy:

- Begin using ice immediately after surgery.
- Use ice every 2 hours for 20 minutes daily until your first post-operative visit.

Contact Information

Emergencies:

- Contact Dr. Keller if any are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (>101) or chills (it is normal to have a low-grade fever after surgery)
 - Redness around the incision
 - Color change in toes or feet
 - Continuous draining/bleeding from the incision (small amounts are completely normal)
 - Difficulty breathing
 - Excessive nausea

******If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.***

Follow-up Care/Questions:

- If you do not already have a post-operative appointment, please call and make an appointment 7-10 days after surgery.
- Surgical Coordinators/Administrative Assistants:
 - **Loretta Atkinson – (828)- 624-1631**

For post-operative questions and concerns, please contact the office at:






- **Hickory: (828)-322-5272**
- **Lincolnton: (704) 732- 4064**
- **Boone: (828)-264-1100**
- **Dr. Keller – kellersportsmed@gmail.com**



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Post-Operative Medication Schedule

<u>Surgery</u>	<u>Day #1</u>	<u>Day #2</u>	<u>Day #3</u>	<u>Day #4</u>	<u>Day #5</u>	<u>Day #6</u>
<p>AM Surgery!</p> <p>PM Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p>Breakfast Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p>Lunch Tylenol 1,000mg Tramadol 50mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p>Dinner Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p>Breakfast Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p>Lunch Tylenol 1,000mg Tramadol 50mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p>Dinner Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p>Breakfast Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p>Lunch Tylenol 1,000mg Tramadol 50mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p> <p>Dinner Tylenol 1,000mg Tramadol 50mg Diclofenac 75mg Gabapentin 200mg <i>(Oxycodone if needed)</i></p>	<p>Breakfast Tylenol 1,000mg Diclofenac 75mg <i>(If needed: Tramadol 50mg & Gabapentin 200mg)</i></p> <p>Lunch Tylenol 1,000mg <i>(If needed: Tramadol 50mg & Gabapentin 200mg)</i></p> <p>Dinner Tylenol 1,000mg Diclofenac 75mg <i>(If needed: Tramadol 50mg & Gabapentin 200mg)</i></p>	<p>Breakfast Tylenol 1,000mg Diclofenac 75mg <i>(If needed: Tramadol 50mg & Gabapentin 200mg)</i></p> <p>Lunch Tylenol 1,000mg Diclofenac 75mg <i>(If needed: Tramadol 50mg & Gabapentin 200mg)</i></p> <p>Dinner Tylenol 1,000mg Diclofenac 75mg <i>(If needed: Tramadol 50mg & Gabapentin 200mg)</i></p>	<p>AM Tylenol 1,000mg Diclofenac 75mg</p> <p>PM Tylenol 1,000mg Diclofenac 75mg</p>
*If nauseated, take Zofran as needed			*If pain is controlled, discontinue Tramadol and Gabapentin			Starting Day #7, continue Tylenol and Diclofenac until you run out of medication