

Post-Operative Instructions:

Distal Triceps Tendon Repair

Diet:

- Begin with clear liquids and light foods (jellos, soups, etc).
- Progress to your normal diet if you are not nauseated.

Wound Care:

- Maintain your operative dressing/splint, loosen bandages if swelling of the elbow, wrist, or hands occurs.
- 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/splint, 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 – you may shower but need to keep your dressing dry– NO immersion of the operative arm in water (i.e. bath)

Medications:

- Pain medications were injected into your wound and shoulder during the surgery – this will wean off in 8-12 hours.
- Most patients will require some narcotic pain medications for a short period of time – these should be taken as directed on the bottle.
- Primary Medications:
 - Norco: Short acting pain medication. This should be taken to supplement pain. Take 1-2 pills every 4-6 hours as needed.
 - Plan to use these medications for as short of time as possible. Average use is for 2-4 days.
 - Do not take additional Tylenol for pain when taking Norco.
- Common side effects of pain medications include nausea, drowsiness, 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 still having issues please call our office for a possible medication change.
- Do not drive a car or operate machinery while taking narcotic medication.
- **Ibuprofen 600 mg may be taken in between narcotic pain medication to help smooth out the post-operative “peaks and valley”, reduce overall amount of pain medications required, and increase the time interval between narcotic medication usage.**

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.
- You may range your elbow from full extension to flexion of 90 degrees.
- Do not do things that put excessive stress on your triceps (lifting body weight off of a chair, elbow extension with weight)

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Ice Therapy:

- Begin immediately after surgery
- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to the level of the chest when icing.

Exercise:

- Begin wrist and hand exercises 24 hours after your surgery. These include simple range of motion of your wrist, and hand.

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 the wrist or hand
 - 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:

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at RKeller@DL-Ortho.com.
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.