



575 South 70<sup>th</sup> Street  
Suite 200  
Saint Elizabeth Medical Plaza  
Lincoln, Nebraska 68510-2471

Toll-Free (888) 488-6667  
(402) 488-3322  
Fax (402) 488-1172  
www.nebraskaortho.com

Patrick E. Clare, M.D. - Emeritus  
Ronald O. Schwab, M.D. - Emeritus  
Donald J. Walla, M.D.  
Thomas M. Heiser, M.D.  
Daniel R. Ripa, M.D.

Robert W. Dugas, M.D.  
David J. Clare, M.D.  
James W. Gallentine, M.D.  
Steve J. Volin, M.D.

Justin D. Harris, M.D.  
Scott A. Swanson, M.D.  
Daniel B. Cullan II, M.D.  
Aaron M. Bott, M.D.

Joseph P. Mulka, M.D., Ph.D.  
Sukchan Lee, M.D.  
Dane C. Todd, M.D.  
David P. Heiser, M.D. - consulting

## Distal Biceps Repair Instructions

Dane Todd, MD

1. **Ice** the elbow for 72 hours after surgery.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Dressings** – Keep your splint clean and dry until your follow up appointment.
4. **Showering** – You may shower, but need to keep the splint covered, clean, and dry.
5. **Sling** – Wear your sling for comfort
6. **Motion** – Ok to perform finger and hand range of motion, but no motion of the elbow until your post operative appointment.
7. **Lifting** - Do NOT lift any objects with the operative arm

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Surgery Performed (circled)      Side (circled): Right      Left  
Distal Biceps Repair

Weight Bearing Status – NON Weight Bearing

Notes: \_\_\_\_\_