

Andrew J. Riff, MD, Hinsdale Orthopaedic Associates S.C.

Locations: 550 W Ogden Avenue, Hinsdale, IL 60521; 1010 Executive Court, Suite 250, Westmont, IL 60559; 2940 Rollingridge Rd #102, Naperville, IL 60564

Phone: For appointments and calls after business hours (8-4:30 M-F) please call 630-323-6116 (central scheduling and call forwarding). For clinical concerns during business hours, please call Dr. Riff's office (630-920-2314).

Post-Operative Instructions – Distal Biceps Repair

Prescription Meds:

1. Norco (hydrocodone/acetaminophen): This is used for pain control. Take 1-2 tablets every 4-6 hours as needed for pain. Pain levels are highest on days 1 thru 3 post op, so you will want to take this on a regular schedule. After that, take as needed. Do not drive, drink alcohol or take Tylenol while taking this medication.
2. Colace 100mg (over the counter): Take two 100mg tablets (200mg), twice daily to prevent constipation after surgery.
3. Aspirin 81mg (over the counter): Take one 81mg tablet daily for 3 weeks to minimize your risk of a blood clot.

**A regional block is placed prior to surgery – this will wear off within 8-12 hours, plan to take pain medication throughout the early evening to ease the transition.

Wound Care: The elbow will be immobilized in a splint/sling following surgery. Do not remove until post-op appointment 10-14 days after surgery. If blood soaks onto or through the dressing, this is not significant cause for concern. This is common for the first 24-48 hours after surgery. You may simply reinforce the dressing with gauze or change to a new clean dry gauze.

Shower: To avoid infection, keep surgical incisions clean and dry. You may shower beginning the day after surgery by placing a plastic bag around your surgical dressing and sealing it with tape. Do not immerse the arm in water.

Physical Therapy: You will receive a prescription for physical therapy at your first postoperative appointment.

Ice Therapy: It is very important to keep ice on your knee during the initial post-operative period (first 5-7 days). This should begin immediately after surgery. You should ice for 30 minutes out of every 2 hours.

Follow-up: You will need to follow up in clinic with Dr. Riff in 10-14 days. Please call central scheduling to make an appointment. At this visit you will receive updated instructions on your weight bearing, brace use and physical therapy.

When should you contact the office?

- If you have a fever >101.4 (a low grade temp is expected after surgery), but let us know if it gets this high!
- You develop chills or sweats
- You have pus or excessive bloody drainage from the wound, or if you have pain or redness surrounding the incision sites.
- You have nausea and vomiting that will not resolve with Zofran.
- Shortness of breath or chest pain