



# ORTHOPEDIC PARTNERS

EST. 1957

Kenneth Paonessa, M.D.  
Michael Halperin, M.D.  
Gabriel Abella, M.D.  
Mohammad Pasha, M.D.  
Tarik Kardestuncer, M.D.  
Ammar Anbari, M.D.  
Nicole Arcand, M.D.  
Scott Stanat, M.D.  
R. Justin Thoms, M.D.

Steven Wei, M.D.  
Jonathan Puposar, M.D.  
Emily Vafek, M.D.  
Nimit Patel, M.D.  
Peter Wagner, M.D.  
Oksana Zhivotenko, D.O.  
Daniel George, M.D.  
Biren Chokshi, M.D.

Erik Frazier, MHA, CEO

Jonathan R. Puposar, MD

## Distal Biceps Repair

### Post-Operative Instructions

#### Pain Control and Ice

- A pain medication prescription was sent to your pharmacy.
  - 1) You may take the prescribed medication as directed.
- You should expect to experience minimal to moderate shoulder discomfort for several days and even weeks following the surgery.
- Patients often only need prescription narcotics for a few days following the surgery and then can switch to over-the-counter medications such as Tylenol, Advil, or Ibuprofen.
  - 1) While taking narcotic medication, you may become constipated. If this occurs then you should take a stool softener (Ex: Colace, Senna) which can be purchased over the counter.
- Ice bags should be utilized to decrease swelling and pain. Ice should be applied to the shoulder up to three times a day for 20 minute periods until swelling subsides

#### Wound Care

- You will be in a splint until your first post-operative visit. Do NOT remove the splint until your visit with Dr. Puposar
- Showering is acceptable after 48 hours. You may NOT get the splint wet so please cover or tub bathe
- No swimming or tub bathing until cleared by Dr. Puposar at your first post-operative appointment

#### Rehabilitation/ General Post-Op Care

- At your first visit, your splint will be removed and gradual range of motion exercises will begin
  - 1) Depending on the repair, sometimes an elbow brace is employed to protect the repair until the tendon has healed
- Your first post-op appointment is 10-14 days following surgery. This is usually scheduled at your pre-operative visit. If not, then please call the office to schedule
- You may drive once you establish control of your operative extremity. You may not drive under influence of pain medication.
- Plan at least 2-3 days away from work or school. Utilize this time to decrease swelling and participate in your home exercise program. You may be able to resume work once the pain and swelling resolves (this varies based on job activity).

#### Important Notes

- Call office for Temperature >102 degrees, excessive swelling, pain or redness around the incision sites

860-889-7345

860-963-2133

82 New Park Avenue  
North Franklin, CT 06254

11 Industrial Park Road  
Niantic, CT 06357

35 Kennedy Drive  
Putnam, CT 06260

5 Founder Street  
Willimantic, CT 06226