



**Dr. Joshua Alpert**  
**Post-Operative Surgery Instructions:**  
**Elbow Distal Bicep Repair**

**Immediately After Surgery in the Recovery Room:**

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a splint and sling on your operative extremity.
- It is encouraged that you move your wrist, and fingers as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- If a nerve block has been used, its purpose is to decrease pain. It will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. We recommend starting it immediately when getting home, then as needed. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

**After Surgery at Home:**

- The splint will keep the elbow at 90 degrees and is to stay on until your first post-op visit. Keep this splint dry. If showering, cover in a plastic bag.
- Wear the sling at all times to support the elbow and splint. The only time it can be removed is while showering.
- Keep the extremity elevated when resting. This will help with swelling and pain.

- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.
- Physical therapy recommendations will be made during your first office visit after surgery.

### **First Post-Op Office Visit:**

- Please arrange to see Dr. Alpert or PA Alyssa in the office 3-10 days after surgery.
- The sling and splint will be removed at your first post op visit. From there, you will be fitted for a brace on your arm that restricts your range of motion. This is crucial for the healing process of the tendon.
- Physical therapy recommendations will be made at your first postoperative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of physical therapy you may need can last up to 4 months.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Alyssa (PA) or Nikki (secretary).

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