

**Orthopaedic and Spine Institute  
21 Spurs Lane, Suite 245, San Antonio, TX 78240**

**[www.saspine.com](http://www.saspine.com)**

**Tel# 210-487-7463**

**Joel B. Nilsson, M.D., P.A.**

***POST-OP INSTRUCTIONS FOR PATIENTS WHO HAVE HAD  
BICEPS TENDON REPAIR SURGERY***

***Dressing:*** A dressing and splint has been applied to your incision. The dressing and splint is to be removed one week after surgery. The dressing may become moist from blood or drainage this is not a cause for alarm. However, if the drainage soaks through the dressing please call the office. If there is an Ace wrap on your hand, you may loosen or tighten it, as needed.

***Wounds:*** The wound is closed using stitches an absorbable stitch with adhesive strips on top. These strips are changed as needed at your postoperative visit 10-14 days after surgery.

***Activity:*** You will be in a sling while the splint is in place for the first week. You will no longer need the sling once the dressing and splint is removed one week after surgery.

***Exercises:*** Once the splint and sling are discontinued you are encouraged to bend and extend your elbow and with your elbow at your side work on placing your palm face-up and then face-down 6 times daily. **No lifting, moving, pulling, squeezing or gripping anything heavier than a coffee cup with the operated arm.**

***Bathing:*** Keep your wound clean and dry. Do not allow your dressing and splint to get wet. Once the dressing and splint have been removed at one week postop, you may shower and get the incision and adhesive strips wet in the shower. Simply pat dry after each shower.

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***Pain:*** Upon discharge from the hospital you should have a prescription for pain medication. Please take the pain medication with food. Do not drink alcoholic beverages or drive if your are using pain medications.

***Precautions:*** If you develop a fever (temperature greater than 101 degrees Fahrenheit or 38.3 Celsius) or chills, or any undue symptoms such as unexpected pain, redness, swelling in either leg, rash, blisters, numbness, tingling, itching, hives or shortness of breath, please contact our office. Problems following this type of surgery have been minimal; however, if you have a problem or question, do not hesitate to call the office at 210-487-7463. The answering service will handle your call to the office after hours or on the weekend, and one of the Spine and Orthopedic Institute clinicians will return your call. **If you have an emergency, call 911.**

If you had regional anesthesia (block), especially of the arm, the anesthesia or numbness may persist for sometime. Special care should be taken against such injuries as burns from hot surfaces and cuts from knives until sensation has returned.

***Diet:*** Start with light meals, progress diet as tolerated.