
Discharge Instructions after Distal Biceps Repair

General

- Your splint/dressing cannot get wet. Keep this intact, clean, and dry until your follow-up
- Caution: Narcotics are habit forming and have multiple side effects. Begin to taper your use as soon as you are able.

Activity

- Do not drive until cleared by Dr. Garrigues
- Move your fingers frequently to prevent swelling.
- Stay hydrated and walk frequently to avoid pneumonia, blood clots, and constipation

Over the counter medications

- To prevent constipation: Stool softener of choice. A prescription for Senokot has been provided, but use whatever keeps you regular (Miralax, Colace, Dulcolax or Senokot).
- For pain: Tylenol should be used (as long as you do not have liver disease) for pain
- You may receive Indocin (Indomethacin) to take after surgery. If so, take as per the prescription. You **MUST** take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. **While taking Indocin DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Naprosyn.**

Diet

- Stay hydrated
- High fiber diet with extra fresh fruits and vegetables

Concerning Findings

If you have any problems:

- During business hours call the office: 312.432.2880
- After hours call and ask for the orthopaedic resident on call: 312.432.2880 , option 0
- Concerning findings: Excessive redness of the incisions, Drainage for more than 4 days after surgery, Fever of more than 101.5° F

You should see Dr. Garrigues or his PA ~1 week after your surgery. If you do not have an appointment, please call 708-236-2701 to schedule