General:
1. You will be given a prescription for pain medication (Vicodin or Dilaudid). You will have pain for
the first week after surgery. You will also be given a prescription for Naprosyn, an anti-inflammatory
medication. This will help alleviate the inflammation and will aid in decreasing pain and thus
decrease the need for the pain medication. Take the Naprosyn with meals; if severe stomachache
develops, discontinue it and call the office.

2. Keep the incision clean and dry. You may shower with a plastic bag or plastic wrap around the arm
to cover the splint. Surgical supply stores carry such plastic wraps for keeping an extremity dry after
surgery. Alternatively you may use waterproof Band-Aids to cover the wounds during bathing.

3. Apply ice packs to covered incision 20-30 minutes 4 times per day.

4. The sutures are removed 7-10 days after surgery.

5. Maintain arm elevation while sitting and sleeping. Put a pillow under the arm while in bed.

6. You may develop bruising around your elbow and down to the wrist. Do not be alarmed; this is
normal following surgery. If you develop significant arm swelling, redness, or tenderness, you
should contact our office promptly.

7. It is also normal to develop a low-grade fever after surgery (up to 100.5°).

8. You should contact our office if you develop significant drainage from the surgical incision, redness,
or fever above 101°.

Activity Guidelines:
1. Wear the splint and sling as applied immediately following surgery. The splint will be removed at
the first postoperative visit and a brace will be applied. After application you should move your
arm PASSIVELY within the limits set by Dr. Henshaw. The brace should be worn for sleeping for the
first 4 weeks after surgery to protect the tendon repair.

2. You will begin bending the elbow at approximately 7-8 days after surgery. You will work on passive
bending (using your own muscle power) to the limits set by Dr. Henshaw, and active straightening
(using your good arm to help straighten the operated arm). At 4-6 weeks, you will begin formal
physical therapy 3 times per week for approximately 3 months.

3. The first goal in physical therapy will be to restore full range of motion, followed by triceps and
biceps muscle strengthening.

Postoperative Office Appointments:
#1: 7-10 days for suture removal
#2: 3 weeks
#3: 6 weeks
#4: 12 weeks

Please call our office if you have any further questions
Best wishes for a speedy recovery!