

General:

1. You will be given a prescription for pain medication (Vicodin, Dilaudid or Percocet). 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 a severe stomachache develops, discontinue the Naprosyn and call the office.
2. Keep the incision clean and dry. You may shower with waterproof Band-Aids, 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.
3. Apply ice packs to covered incision 20-30 minutes 4 times per day.
4. The sutures are removed 8-10 days after surgery.
5. Maintain arm elevation while sitting & sleeping at night. 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 during 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 **active** bending (using your own muscle power) to the limits set by Dr. Henshaw, and **passive** 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.

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