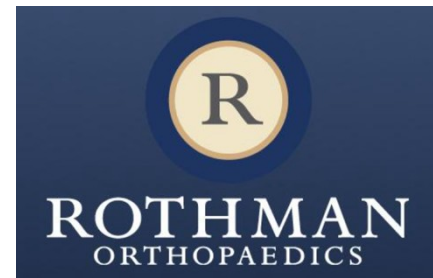


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TRICEPS REPAIR POST-OPERATIVE INSTRUCTIONS

PAIN MANAGEMENT

- **INTERSCALENE NERVE BLOCK** - A combination of local anesthetics are used to numb your shoulder and arm so your brain will not receive any pain signals during and immediately after surgery. The length of effect varies from person to person, but the block usually provides 8-12 hours of pain relief. You will notice a gradual increase in pain as this begins to wear off at which time you can increase the frequency of the oral pain medications as needed.
- **ORAL PAIN MEDICATIONS**
 - Tylenol 500mg
 - This is a medication for pain.
 - Take one tablet by mouth every four hours **as needed for pain levels 1-3**
 - Tramadol 50mg
 - This is a medication for pain.
 - Take one tablet by mouth every four hours **as needed for pain levels 4-7**
 - Oxycodone 5mg
 - This is a medication for pain.
 - Take one tablet by mouth every four hours **as needed for pain levels 8-10**

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.

- **OTHER MEDICATIONS**
 - Stool Softeners
 - Post-operative constipation can result due a combination of inactivity, anesthesia, and pain medication. To help prevent this, you should increase your water and fiber intake. Physical activity such as walking will also help stimulate the bowel.
 - Colace 100mg
 - Take this medication twice daily for post-operative constipation
 - Zofran 4mg
 - Take this medication by mouth every 8 hours as needed for nausea.

ACTIVITY INSTRUCTIONS

- **Splint: Keep your elbow in the splint. You will keep this on for the first 7-10 days until your post-operative office visit.**
 - This splint remains on at all times. When you shower, please keep this dry. You may need to cover the splint with a plastic bag so this does not get wet. It is important to keep the bandaged area clean and dry.

- **DO NOT drive during the period of time your arm is in the splint**
- **ICE MACHINE**
 - Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
 - Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
 - After the first 2 days you may use the ice machine as needed for comfort
 - If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours

WOUND CARE & BATHING

- **BANDAGE**
 - You have a large, bulky bandage and splint on your elbow. Please keep this in place until seen at your post-operative appointment in the office for follow up.
 - At your first post-operative appointment, this bandage will be removed.
 - Please do not get the bandage wet. When showering, use a plastic bag to keep the area clean and dry.
- **BATHING**
 - You may shower. You will need to keep bandages in place. You will need to cover elbow with plastic bag in order to keep this dry.
- **SUTURE REMOVAL**
 - Stitches will need to be removed in **10-14 days**. Please contact our office to make an appointment for this if you have not already done so.
 - We prefer that you return to our office to have your sutures removed. If you live a great distance away and are unable to do so, you may have a local physician remove your sutures.
 - If you choose to do this:
 - **You must first contact that physician to confirm that they are willing and able to do so.**
- Keep an eye on your incisions for **signs of infection**:
 - Excessive drainage that is soaking through your dressing, especially if it is pus-like
 - Redness that is spreading out from the edges of your incision
 - Fever or increased warmth around the surgical area

CONTACTING OUR OFFICE

- When to contact our office immediately:
 - Fever > 101.5°F
 - Excessive bleeding from incision(s)
 - Signs of infection of incision(s)
 - Excruciating pain for which the pain medication is not helping

PHYSICAL THERAPY

- **Schedule your first physical therapy visit for 2-3 weeks after surgery**
- You may begin the home exercises listed below **tomorrow**. You can remove your sling to perform these exercises.
 - **HAND AND WRIST EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
 - With your arm comfortably supported, gently bend wrist back and forth.
 - Curl the fingers into the palm to make a loose fist and then straighten them out.



