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POST OP TRICEPS REPAIR SURGERY v1.1

You are recovering from triceps repair surgery. The following instructions are to help make your recovery as rapid and successful as possible. This information is designed to answer some of the most frequently asked questions regarding what to expect and what to do after elbow surgery. These are general guidelines, if you have any questions or concerns, please call our office: (404) 355-0743.

1. Keep your arm in the splint or brace at all times. Keep your splint or brace clean and dry.
2. Elevate your elbow above heart-level to decrease pain and swelling. This is especially helpful during the first 72 hours after surgery.
3. Use your sling if provided.
4. Showering: Your incision is covered with a water-proof dressing called an Aquacel dressing underneath an ace wrap and some padding. The Aquacel dressing can stay on for 1 week. You may shower 24 hours after surgery by removing the ace wrap and padding but leave the Aquacel dressing in place. With your Aquacel dressing on, and the brace off, keep your arm held at your side and shower. Pat dry and put your brace back on.
5. Your postoperative therapy begins on the day of surgery. Initially, you should perform wrist and finger range of motion several times a day
6. Postoperative pain is common but should be controlled by the prescriptions given to you. Narcotics frequently cause itching and this can be treated with a non-drowsy over-the counter antihistamine (Zyrtec, Allegra, Claritin etc...) or Benadryl if needed. Narcotics will also cause constipation. If you are using a narcotic pain medication, it is recommended that you take an over-the-counter stool softener daily, such as Colace or Miralax. If you have not had a bowel movement in 2 days, you should use a laxative of your choice to help facilitate a bowel movement. We recommend Dulcolax.
7. Anti-nausea medication, such as Zofran, is often prescribed. Take this medication as needed.
8. You should take one 81 mg aspirin (baby aspirin) twice a day for 30 days to reduce the possibility of blood clots.
9. You should take 1000mg of Tylenol (2 extra-strength tablets), AND 400mg Advil (2 tablets/capsules Ibuprofen) AT THE SAME TIME, with food, every 8 hours for the first 5 days after Surgery. Use your narcotic prescription for any breakthrough pain.
IMPORTANT: Do not take Tylenol if you have a history of liver disease or allergy. Do not take Advil or other NSAIDS if you have diabetes, kidney disease, are on a blood thinner, or have a history of gastrointestinal ulcers.
10. Call your doctor's office for any fevers greater than 101.5 F. Go to the Emergency Room for chest pain, shortness of breath, or any other major concern.
11. You will be seen in the office approximately 2-5 days after your surgery. Please call my clinical assistant, Sarah Gaylord ATC, if you do not already have an appointment: (404) 355-0743 ext. 1615.