

## **Pre/Post Operative Information – Distal Biceps Tendon Repair**

### **What to expect during surgery:**

Dr. Holt will meet you on the day of surgery and review the plan. You will then be taken back to the operating room where your arm will be cleaned and draped in preparation for surgery. In most cases, you will have general anesthesia from an Anesthesiologist. An incision is made in the anterior (front) of your forearm, just past the elbow. The torn biceps tendon is located and a heavy suture is woven through the tendon. The tendon is then reattached to its insertion on the radius, one of your forearm bones. The tendon is secured to the radius by drilling a hole in the bone and passing the tendon and a small metal anchor through the bone to hold the tendon in its normal position.

### **Pain Control:**

Start with simple, but effective pain relief strategies such as ice and elevation. Especially for the first 2 - 3 days, attempt to keep your hand above your heart as much as possible. This will significantly limit pain and swelling. Next, try over the counter pain medications such as Tylenol and/or ibuprofen. Most patients tolerate these medications well. Take them with food, and make sure to check your allergies and/or other medications and medical issues to ensure it is safe to take them. Most patients use little or no narcotic medication after a distal biceps repair, but Dr. Holt will provide a small prescription of narcotics if needed. Take them as directed and only as needed.

### **Dressing/Bandage:**

You will be placed in a splint to immobilize your elbow. Keep this splint on until your follow up appointment. You may shower, but the splint must be kept clean and dry.

### **Activity:**

Your splint must stay on and you should not move your elbow but you may use your hands immediately for light activities of daily living such as feeding yourself, dressing, and using a phone and/or computer. You should avoid lifting/pushing/pulling more than 1 pound.

### **Additional Information:**

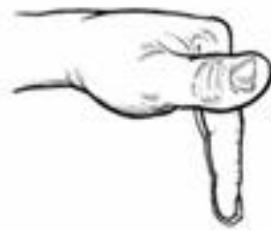
Most patients can expect return to normal strength and function after repair of their distal biceps tendon, however it may take up to 6 – 12 months for maximum improvement. At your first post surgical visit, you will be placed in a removable elbow brace to be worn at all times except hygiene. At that point, you can use your arm for normal, light activities of daily living less than 1 – 2 pounds. Six weeks after surgery Dr. Holt will usually recommend beginning physical therapy and start light strengthening up to 5 pounds. At three months post surgery, you'll begin progressive strengthening as tolerated. Most patients can return to light activity/work within two weeks or less. Return full activity without limitations such as heavy lifting/work and/or contact sports may take six months.

### **Follow-Up:**

Your follow up appointment is generally 10 – 14 days after your surgery and should be in your discharge packet on the day of surgery. Call us if you have any questions at (541) 382-3344.



1. Straighten Fingers



2. Knuckle Bend w/  
Straight Fingers



3. Karate Chop  
(90/90 position)



4. Closed Fist



5. Open & Closed Fingers



5. Thumb to Finger Touch  
Finish at Palm Crease

