



Post Operative Instructions: Triceps Tendon Repair

ACTIVITY/SLING

- Please keep a sling on for 3-4 weeks. You may remove it for hygiene and for exercises, which include moving the elbow and wrist with the elbow tucked into your side. You may also remove it for light activity as below:
- You may begin LIGHT activity (without the sling on), for example, on a computer or in the kitchen as soon as you're comfortable. If you're going out of the house or are in a less controlled situation, you should wear the sling for the first 3-4 weeks.
- Support elbow/shoulder with a pillow (behind sling) when in a reclined position /sleeping.
- **Please keep your elbow at your side if the sling is off-- don't attempt to lift your elbow away from your body.**
- **You may not push, pull, lift, carry, or climb until after follow-up.**

DRESSING & INCISIONS

- The first two days after surgery you can expect a small amount of red-tinged drainage on your dressings. This is normal.
- If you have a large brown cloth-surface dressing (looks like a giant BandAid):
 - Please leave this on until your follow up appointment. We'll take it off for you in the office.
 - You may begin showering 2 or 3 days after surgery-- please just let the arm hang at the side, and keep the water primarily on the other side of your body. Pat the dressing dry when you are done to soak up any splashes.
- If you have clear plastic dressings (look like cellophane) or white foam tape or an elastic (ACE) wrap:
 - You may remove the dressing 4 days after surgery: make sure to remove the outer sticky clear plastic or tape, the white gauze pads, and the yellow gauze tape, but leave the paper strips -- called SteriStrips-- in place).
 - You may shower after dressings have been removed. Please just let the arm hang at the side, and keep the water primarily on the other side of your body. Pat the paper strips dry when you are done to soak up any splashes or excess moisture. Be sure to let these dry over the course of a few hours before covering them with any Band-Aids, etc. (see next item below)
 - If you wish, you may apply Band-Aids over the incisions if the strips are catching on your clothing. But you may also leave it open with just the paper strips covering the incision. This is plenty of protection.
- Please do not use Bacitracin or other ointments on the incisions.

PAIN & INFLAMMATION

Ice

- Apply ice wrapped in a dry towel 20 minutes at a time, several times per day for the first week, then as needed.

Swelling

- It is normal for your shoulder to be swollen from the fluid used during surgery. Your forearm and hand may become swollen in the days following surgery. Gravity pulls swelling down to your hand.

Pain Medications

- Take your prescribed medications as directed.

Tylenol (Acetaminophen)

- First-line for pain.
- Take 1000 mg every 6–8 hours.
- Do not exceed 1000 mg per dose or 4000 mg per day (limit to 3000 mg/day if you have liver issues).
- Do not drink alcohol while taking Tylenol.

Oxycodone

- For moderate to severe breakthrough pain only.
- Use sparingly and wean off as soon as possible.

Common side effects include:

- Nausea: Take with food.
- Drowsiness: Do not drive or operate machinery.
- Itching: Benadryl may help.
- Constipation:
 - Use stool softeners (e.g., Senna-Docusate) or OTC options (Mineral Oil, Milk of Magnesia, etc).
 - Avoid bananas, rice, apples, toast, and yogurt (may worsen constipation).
 - Light walking helps stimulate bowel function.

Refills:

- If you think you will need a refill, you must request it during regular weekday office hours.

EMERGENCIES

You must have someone stay with you during the first 48 hours after surgery.

Call the clinic or the on-call orthopedist if:

- Drainage soaks the dressing, increases, smells foul, or if incisions become red, warm, or very painful.
- You develop a fever $>101.5^{\circ}\text{F}$ or chills.
- You experience leg or calf pain, swelling, or difficulty breathing.

FOLLOW-UP CARE

- Schedule a follow-up appointment at ~2 weeks postoperatively for a wound check, suture removal, and review of your surgery (if not already scheduled).
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EXERCISES

- When you are comfortable and ready you may perform 1-2 sets of 10, 1-2 times a day of each of the following exercises
- Grip strengthening: With the arm in the sling, grip a rubber ball, old tennis ball, or beanbag. Hold for 5 seconds and release.

- Shoulder Shrugs:

- Keep your arm close to your body.
- Shrug your shoulders upwards and hold for 5 seconds.
- Slowly lower your shoulders.
- Repeat.



- Shoulder Rows:

- Keep your arm close to your body.
- Pull your shoulders forward by rounding your back. Hold for 5 seconds.
- Slowly unround your back and stand normally.
- Pull your shoulders back by trying to “pinch” your shoulder blades together. Hold for 5 seconds.
- Repeat.

