



Duke Orthopaedics: Upper Extremity Division

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Discharge Instructions after Distal Biceps Tendon Repair

Your arm will be protected in a splint (soft cast) and a sling. The sling is for comfort, but the splint must stay in place at all times (including while sleeping).

Use ice on the elbow intermittently over the first 48 hours after surgery.

Pain medicine has been prescribed for you.

Use your medicine liberally as directed over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.

Leave the splint/dressing in place until your follow-up appointment

You may shower after surgery. The dressing CANNOT get wet during your shower. Wrap the dressing with a dry towel and place your arm in a large trash bag.

You may receive Indocin (Indomethacin) to take after surgery. If so, take as per the prescription. You MUST take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. Otherwise, continue to take it regardless of how your elbow feels. **While taking Indocin DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Narprosyn.**

If you have any problems:

During business hours call the office: 919- 403 3057

After hours call and ask for the orthopaedic resident on call: 919-684-8111

Concerning findings:

Excessive redness of the incisions

Drainage for more than 4 days after surgery

Fever of more than 101.5 F