



## **Post-op Instructions for Distal Biceps Tendon Repair**

### **Splint:**

1. After surgery, you will be placed in a long arm splint.
2. You will wear the splint for a total of 6 weeks. The splint will be changed to a new one 2 weeks after the surgery.
3. Keep the splint clean and dry. Do NOT get the splint wet.

### **Shoulder Sling:**

1. You must wear a shoulder sling to keep pressure off of your biceps.



### **Restrictions:**

1. Do not straighten your elbow.
2. Do not hold/lift more than 1 lb with your arm.

### **Pain Control:**

1. Take your Tramadol or Tylenol #3 with Codeine (Acetaminophen/APAP with Codeine) every 6 hours. If pain is not well controlled with one tablet, you may increase to 2 tablets.

**Note:** If you have any questions, you may call the office at (210)696-2663.