

**Nicholas M. Capito, MD / Distal Biceps Repair**  
**Augusta Orthopedics & Sports Medicine Specialists / AOS Surgery Center: (706)860-5383**

**WOUND CARE**

- DO NOT REMOVE YOUR DRESSING. Remain in your hinged elbow brace until your 1wk follow up appt.

**ICE**

- Begin using an ice pack immediately after surgery. Icing often is very important for the first week.
- Excess icing for a long period may cause frost bite to the skin. Do NOT apply ice directly to the skin.

**MEDICATIONS**

- Begin taking the pain medicine prior to going to bed in order to avoid excess pain after the nerve block wears off.
- \_\_\_ Percocet 5/325mg: Take 1-2 every 4-6hrs for pain control.
- \_\_\_ Toradol 10mg: Take every 8hrs for pain control. This will help to decrease inflammation and decrease pain. Do not take any other NSAIDs (Ibuprofen, Advil, Motrin, etc) while on this medication.
- \_\_\_ Celebrex 200mg: Start after you finish Toradol. Take 1x/day for 1month to reduce elbow stiffness.
- \_\_\_ Antibiotic x 24hrs- Typically Keflex 1000mg every 6hrs x 1day (unless allergic)
- \_\_\_ Docusate-Senna: Take as needed twice a day for constipation.
- \_\_\_ Zofran: Take as needed every 6-8hrs for nausea.
- You should resume your normal medications unless instructed otherwise.
- Do not drive, operate machinery, or drink alcohol while on narcotic pain medication.
- We are unable to refill prescription pain medications after hours or on weekends

**THERAPY**

- You will start therapy 1mo after surgery.
- You will start elbow range of motion/stretching after your 1<sup>st</sup> clinic follow up visit.
- No lifting with your operative arm. It is OK to write, type, and perform basic activity with your hand in the sling.
- Wear brace at all times. Do not unlock the brace.

**POST-OP/FOLLOW UP # (706)863-9797**

- **Please call to schedule a clinic appointment 1week after your day of surgery.**
- Contact the on-call physician after hours for any questions/concerns, wound drainage/redness, fever > 101°F.
- Have another adult stay with you overnight.
- Be extra cautious if driving in a sling.
- You may return to a sedentary job whenever you feel comfortable after surgery.
- Coughing and deep breathing exercises will help clear your lungs. Go to immediately to ER if sudden difficulty breathing or chest pain.

Patient/Significant Other: \_\_\_\_\_ Nurse: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_

