



SEAN P ROBINSON, MD
Revolution Orthopedics

8120 Timberlake Way Suite 109
916 689 8441

Distal Biceps Repair
Postoperative instructions

- **Weight bearing**
 - You are NON weight bearing after surgery
 - Keep your splint on until your follow up appointment

- **Movement**
 - You may use the pillow portion of the sling for comfort if desired
 - **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.

- **Sleep**
 - Keep your splint on during sleep

- **Wound care, Dressings/Bandages**
 - Leave Splint in place until follow up visit (~1 week)
 - After your appointment, the splint will be removed.
 - Leave steri-strips (white tape) in place.
 - Cover splint with garbage bag and secure. DO NOT GET SPLINT WET.
 - Do not apply lotions or ointments to the incisions.
 - Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.

After surgery, call the clinic if you have....

- A fever higher than 101° (38.3° C).
- Changes in your incision: opening, drainage, redness.
- Numbness or tingling or loss of function of your leg.

- Numbness around the incisions is normal.
- Increased pain or swelling in your calf.
- Nausea or other side effect not controlled by the medications you are given.
- **CALL 911 IMMEDIATELY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**