

## **POSTOPERATIVE INSTRUCTIONS**

### **TRICEPS TENDON REPAIR**

#### **DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

#### **WOUND CARE**

- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your splint starting the day after surgery – **NO immersion of operative arm** (i.e. bath)

#### **MEDICATIONS**

- Pain medication is injected into the wound and elbow joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per the directions on the bottle
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed (216-844-6097 speak with Cathy, Dr. Salata's assistant)
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 200-400mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys', reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

#### **ACTIVITY**

- Elevate the operative leg to chest level whenever possible to decrease swelling
- Wear brace **AT ALL TIMES**
- Do **NOT** bear any weight (No LIFTING) with your operative arm – unless instructed otherwise by physician
- Do not engage in activities which increase elbow pain over the first 7-10 days following surgery
- Avoid long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

#### **ICE THERAPY**

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep arm elevated to level of chest while icing

#### **EXERCISE**

- No exercise or motion is to be done until instructed to do so by your physician after the first post-operative visit
- Formal physical therapy (PT) will begin about 14 days post-operatively with a prescription provided at your first post-operative visit

#### **EMERGENCIES\*\***

- Contact Dr. Salata at 216-844-6097 (M-F during normal business hours) if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in the extremity

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- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

**\*\*If you have an emergency after office hours or on the weekend, contact the same office number (216-844-6097) and you will be connected to our page service – they will contact Dr. Salata or one of his residents if he is unavailable.**

**\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

**FOLLOW-UP CARE/QUESTIONS**

- Dr. Salata will call you on the evening after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please call Cathy at (216-844-6097).
- If you do not already have a postoperative appointment scheduled, please contact the office during normal office hours (216-844-6097) and ask for appointment scheduling.