

Distal Biceps Elbow Surgery Postoperative Instructions

Michael S Bahk, MD

Diet

1. You may resume your regular diet. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

Sling & Bathing

2. Use your sling for comfort. Move your fingers at least 3x/day to prevent stiffness.
3. It is ok to shower 2 days after surgery. However, if you have a splint, you must keep it clean and dry! You can use a new, clean garbage bag to help waterproof your splint and dressing. Leave your splint and dressing on until you see Dr. Bahk in the clinic in 7-10 days.

Pain Medication

4. Take your pain medication as prescribed. This usually means 1 tablet every 4 hours for mild pain or 2 tablets every 4-6 hours for severe pain. You may want to take it regularly for the first 48 hours after surgery. Do not take any additional Tylenol.
5. No driving while taking any narcotic pain medication!
6. The pain medication may cause some nausea so take it with some food.
7. The pain medication may also cause constipation so if you take it regularly, take a stool softener, fiber bar, Metamucil or prune juice to prevent constipation.

Follow-up Care

8. Watch for signs of infection (temperature > 101.5°F, persistent bleeding or drainage from the wound, foul odor) persistent numbness, tingling, weakness in the arm or hand, progressively worsening pain unresponsive to pain medication, chest pain or difficulty breathing. If you have any of these symptoms, call the office if during normal business hours or go to the nearest emergency room!
9. If you do not have a postoperative appointment set-up already, please call the office to schedule an appointment for 7-10 days after surgery at (805) 578-8550 x 6879 or through the appointment desk at (818) 901-6600.