

Dr Ball Distal Bicep Repair

What to Expect/Activity

- It is normal to have some discomfort in your arm for several days.
- For the next 48 to 72 hours use gel packs provided around the shoulder to help reduce the pain and swelling.
- Place a pillow underneath your elbow when sitting to help reduce pressure on the shoulder.
- Sleeping in an upright position for the first two days will help reduce swelling, as well.
- You are non-weight bearing to your operative arm. Wear your sling at all times.
 - We encourage finger range of motion.
- Do not drive until instructed by your physician.

Dressing/Wound Care/Bathing

- Do not remove your splint.
- Do not get your dressing wet in the shower. Cover with a cast cover or trash bag to keep it dry.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Take the following medications:
 - Oral antibiotic as prescribed (Keflex 500mg 4 times daily for 3 days)
 - Tylenol/acetaminophen – according to bottle instructions
 - Narcotic pain medication only as needed
- **Nerve Block:** You received a nerve block for your surgical procedure today. Your surgical limb may feel numb with loss of muscle control for up to 18-24 hours after surgery. We recommend taking a dose of pain medication prior to bed tonight, to cover any pain that may occur if your nerve block begins to wear off while you are sleeping.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be explained once again when you return for your post-op appointment and suture removal.
- If you were provided with photos of your procedure, please bring them to your follow up appointment for explanation.

- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication
- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com