

# THE OREGON CLINIC

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## **Distal Biceps Repair**

Orthopedics

5050 NE Hoyt Street #138

Portland, OR 97213

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# Preparing for Tendon Surgery

## 1 week before surgery

- Stop taking aspirin products. **If you are taking aspirin as prescribed by your physician, consult with him/her before stopping.**
- **Stop taking GLP-1 agonist medications or other drugs being used for weight loss purposes**
  - Dulaglutide (Trulicity)
  - Exenatide extended release (Bydureon bcise)
  - Exenatide (Byetta)
  - Semaglutide injection (Ozempic)
  - Liraglutide (Victoza, Saxenda)
  - Lixisenatide (Adlyxin)
  - Semaglutide by mouth (Rybelsus)
- Schedule physical therapy. Your first appointment with physical therapy should be two weeks after the date of your surgery. If you need recommendations on locations that work with your insurance, call our office at **503-238-1061**

## 3 days before surgery

- Stop taking any medications that may cause bleeding: anti-inflammatories, Motrin, Naproxen, Voltaren and Advil. If you have any questions about medications, call our office.
- Nursing staff may contact you to review your health history and give you instructions on what to expect the day of your procedure.

## Night before surgery

- Take nothing by mouth after midnight. This includes candies, gum, cigarettes, chewing tobacco, coffee and water.
- Your anesthesiologist will make an effort to contact you the night before your surgery to discuss any concerns you might have. It is important to let your anesthesiology provider know about all medications and supplements you take and if you or a family member ever had problems with anesthesia in the past.

## Day of surgery

- Take your usual morning medications with sips of water unless otherwise instructed by your surgeon, anesthesiologist, or nurse. If you have diabetes or take anticoagulation medications, please check with your surgeon or primary care doctor as to when to stop or continue taking these medications.
- **What to bring**
  - This brochure
  - **Clothing:** Comfortable, loose-fitting clothing that is easy to get on and off
  - Personal devices: hearing aids, eyeglasses and dentures
  - DO NOT bring any medications from home unless specifically instructed to do so.

# Recovering from Tendon Repair Surgery

## After Surgery

- Your surgeon will call the person who is picking you up and let them know how everything went during the surgery. It will then be about an hour or two until you have recovered enough to go home.
- During the first two hours after surgery, you will be cared for in the recovery room where nurses will check your blood pressure, pulse, oxygen level, manage your pain and watch you closely for the next several hours.
- The nursing staff will go over the post-op instructions in detail once you have recovered enough from the anesthesia.
- You may not remember this portion of your day, so the surgeon or physician assistant will make sure to go over the procedure specifics at your first post-op visit.
- Please keep in mind throughout your recovery that everyone's experience is unique, so rehabilitation may take more or less time than you anticipate.
- If you had a nerve block, your extremity may be numb or tingle for 24 hours post-surgery. **Please call my office if you experience worsening numbness or tingling in your arm or other part of your body after surgery.**

## After Discharge

### Wound Care

- Keep the dressings and splint clean and dry until your first post-op visit, dressing and splint will be removed at that time to evaluate your incisions.
- You will have absorbable sutures and glue that will dissolve over time

### Medications

You should resume all your regular medicines as previously prescribed starting the day after surgery. You will also be prescribed several medications for post-op use.

Your doctor will write prescriptions for the following medications. Be sure to pick them up and have them ready before your surgery:

- **Mobic**
- **Ondansetron**
- **Colace**
- **Oxycodone**—these will be given to you on paper, rather than called in, and will need to be taken to the pharmacy to fill.

The pain medication should be taken as follows:

- **Tylenol extra strength** (acetaminophen): 2 tabs every 8 hours. DO NOT exceed 6 tabs (3000mg) per day.
- **Mobic**: 1 tab daily
- **Oxycodone**: 1 tab every 4-6 hours as needed, with food. **If you're still in pain, it's ok to take 2 Oxycodone tabs every 3-4 hours.** Pain medication can cause the following side effects:
  - **Nausea and vomiting**: Remember to take your medication with food
  - **Itching and/or rash**: Notify your doctor.
  - **Dizziness**: Be especially cautious when first standing up. Rise slowly and be sure to have a person or sturdy object to help you until you find your balance.
  - **Constipation**: Drink plenty of fluids while taking pain medications.
  - DO NOT drink alcohol or drive when taking narcotic pain medications (e.g., Tylenol with codeine, Vicodin, Oxycodone, Percocet, Norco).
- **Ondansetron (zofran)**: every 8 hours as-needed for nausea
- **Colace**: every 12 hours as-needed for constipation

### Activity

- Work on moving your fingers and thumb
- No lifting
- Use the sling as needed for comfort
- At the 1st post-op visit you will be transitioned into a hinged elbow brace

### Follow up

- You will be seen within 10-14 days after surgery
- At that time, you will check-in to have your splint removed, and then you will be sent to get X-rays. You may need to arrive at the office 90 minutes before your scheduled appointment time to allow time for X-rays.