



**Florida Bone & Joint**  
SPECIALISTS



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## ***POST OP INSTRUCTIONS – Biceps Tendon Repair***

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6-24 hours if you have a block.
- Keep the splint on. It is important to keep it clean and dry. Use a bag over it when showering or while taking a bath.
- Most likely, your fingers will be free. You should move them, even if you use the other hand to move the fingers slowly to prevent them from becoming stiff.
- **Don't lift anything with the affected hand.**
- **If you think the bandage or splint is too tight, it probably is.** Please call us. It is OK to have someone help you unwrap the ace and rewrap it. The plaster splint underneath can also get dislodged. Remember, you were feeling nothing when it was put on, therefore there may be some pressure points that irritate the skin. If you think there is a problem, please call us so we can get you in to change the splint.
- If you had surgery on your dominant hand, writing will be difficult. Don't push it.
- It is normal to have spasms in your muscle because it may be on tension.
- Do not go to the gym or get your heart rate up until wounds are healed—this will be after your first post-operative visit.
- Depending on the strength of the repair, you may only be in a sling at the first post-op visit. Sometimes we will use a hinged brace that limits extension.
- **An increase in pain days out from surgery usually means you are doing too much with the arm.** If it continues despite rest, please call.
- It is ok to take Ibuprofen in addition or instead of pain medications.
- Please call for any questions.

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