

**SEAN ROBINSON, MD  
CAPITAL ORTHOPEDICS**

**Distal Biceps Repair  
Postoperative instructions**

- **Weight bearing**
  - You are NON weight bearing after surgery
  - Keep your splint on until your follow up appointment
  
- **Movement**
  - You may use the pillow portion of the sling for comfort if desired
  - **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.
  
- **Sleep**
  - Keep your splint on during sleep
  
- **Wound care, Dressings/Bandages**
  - Leave Splint in place until follow up visit (~1 week)
  - After your appointment, the splint will be removed.
  - Leave steri-strips (white tape) in place.
  - Cover splint with garbage bag and secure. **DO NOT GET SPLINT WET.**
  - Do not apply lotions or ointments to the incisions.
  - Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.

**After surgery, call the clinic if you have....**

- A fever higher than 101° (38.3° C).
- Changes in your incision: opening, drainage, redness.
- Numbness or tingling or loss of function of your leg.
  - Numbness around the incisions is normal.
- Increased pain or swelling in your calf.
- Nausea or other side effect not controlled by the medications you are given.
- **CALL 911 IMMEDIATELY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**