Post-Operative Instructions: Triceps Tendon Repair

DIET
• Begin with clear liquids and light foods (jellos, soups, etc.)
• Progress to your normal diet if you are not nauseated

WOUND CARE
• To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your splint starting the day after surgery – **NO immersion of operative arm** (i.e. bath)

MEDICATIONS
• Pain medication is injected into the wound and elbow joint during surgery – this will wear off within 8-12 hours
• Most patients will require some narcotic pain medication for a short period of time – this can be taken as per the directions on the bottle
• Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
• Do not drive a car or operate machinery while taking the narcotic medication
• Ibuprofen 200-400mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys', reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

ACTIVITY
• Elevate the operative leg to chest level whenever possible to decrease swelling
• Wear brace **AT ALL TIMES**
• Do **NOT** bear any weight (No LIFTING) with your operative arm – unless instructed otherwise by physician
• Do not engage in activities which increase elbow pain over the first 7-10 days following surgery
• Avoid long distance traveling for 2 weeks
• **NO** driving until instructed otherwise by physician
• May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

<table>
<thead>
<tr>
<th>Postoperative Period</th>
<th>Activity</th>
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| Weeks 1-6            | • Long arm splint; elbow flexed 30-45 degrees  
|                      | • Can use hinged splint and block range of motion, yet allow range of motion during therapy and gradual elbow flexion  
|                      | • Passive elbow extension  
|                      | • Active elbow flexion  
<p>|                      | • Night-time extension splint if needed |
| Weeks 2-6            | • Full passive elbow extension |</p>
<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Exercises/Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 6</td>
<td>• Full active flexion</td>
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<td>• Active extension after 6 wk</td>
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<tr>
<td>Weeks 10-12 to Month 4</td>
<td>• Strengthening beginning with midrange isometrics, then isotonic concentric contractions, and finally, eccentric muscle contractions</td>
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**ICE THERAPY**
- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep arm elevated to level of chest while icing

**EXERCISE**
- No exercise or motion is to be done until instructed to do so by your physician after the first postoperative visit
- Formal physical therapy (PT) will begin about 14 days post-operatively with a prescription provided at your first post-operative visit