

Post-Operative Instructions **Open Elbow Surgery, Triceps Repair**

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.
- E. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a split or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Post-Operative Rehabilitation **Open Elbow Surgery, Triceps Repair**

0-4 Weeks Post-Op: General Guidelines

- Patient will be in rigid splint in elbow extension for two weeks.

Stage I: (Week 3-6):

- Patient fit with IROM elbow brace, to be worn at all times except bathing. Brace locked at 30 degrees — as specified by physician — for weeks 3-6
- Physical therapy starts week 4.

Stage II: (week 6-8) Patient seen 2x/week

Precautions: No full elbow flexion stretch until 8 weeks post-op

No active triceps strengthening.

- Begin elbow ROM exercises: full gradual passive extension allowed within patient tolerance
- Elbow flexion PROM to progress as follows:
- Week 4: PROM to 75 degrees flexion
- Week 5: PROM to 90 degrees
- Week 6: PROM to 110 degrees
- Week 8: PROM to 130 degrees, etc.
- Full elbow extension achieved by approximately 8 weeks post-op.
- Begin AROM bicep activity without resistance

Stage III: (week 9-12) Patient seen 1x/week

Full elbow AROM and PROM should be achieved

No active triceps resistance.

- Begin AROM bicep activity with light resistance
- Open-chain rotator cuff strengthening can begin with light weights

Stage IV: (Week 13 to 6 months Post-op): Patient seen as needed

Goals for Discharge: Full strength of biceps, shoulder musculature

- Gradual weight/theraband resistance training for triceps
- Closed-chain and co-contraction shoulder strengthening
- Gradual introduction of throwing activities and plyometrics as authorized per MD.