

## **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](http://www.newyorkortho.com).**

## **Post-Operative Rehabilitation** **Triceps Repair/Reconstruction with or without Allograft**

### **Stage 1 (Week 0-4):**

- Patient will be in rigid splint in elbow extension for 2 weeks.

### **Stage II (Week 5-6):**

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

### **Stage III (week 6-8): Patient seen 2x/week in PT**

**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 6: PROM to 75 degrees
- Week 8: PROM to 90 degrees
- Week 10-12: Progress to full ROM
- Full elbow extension achieved by approximately 8 weeks post-op.
- Begin AROM bicep activity without resistance

### **Stage IV (3 to 4 months Post-op): 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: (4 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.