



DAVID B. COHEN, M.D.

84 North Main Street Bld#2 Branford, CT 06405 203.483.2024

CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS

DISCHARGE/HOME INSTRUCTIONS
Distal Biceps Repair

Follow up appointment:

- If you do not already have an appointment, call Dr. Cohen today or tomorrow to arrange to be seen in 10-14 days.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery period at home:

DIET:

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

MEDICATIONS: It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (ie. Colace/Miralax) regularly.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Percocet (oxycodone). Take 1-2 when you are aware of soreness and then every 3-4 hours as needed.
- Naproxen, an anti-inflammatory, should be taken twice a day with food for 7-10 days. If stomach upset, do not take.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

- Keep splint on until follow up appointment where a brace will be applied.

ACTIVITY:

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.
- You will use your sling for 6 weeks.
- Apply ice 2-3 times daily for 3 days. (30 minutes on, 30 minutes off). You should use it after physical therapy as well.
- May shower, but keep splint covered with either a plastic bag secured or a cast guard from the pharmacy.



- Your fingers may be swollen and stiff the morning after surgery. This is normal. This will improve after you have removed the bandages and when you begin moving your hand and fingers. Your fingers may be swollen and stiff the morning after surgery. This is normal. This will improve after you have removed the bandages and when you begin moving your hand and fingers.

NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

- Dressing is too tight.
- Fever above 101°F
- Excessive swelling
- Continued nausea/vomiting
- Uncontrolled pain
- Unable to urinate
- Excessive bleeding
- Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

_____, M.D. _____
Patient / Escort

MD OFFICE NUMBERS

Branford (203) 483.2509	Milford (203) 882.3373
Guilford (203) 453.6340	Orange (203) 795.4784
Hamden (203) 407.3500	Wallingford (203) 265.1800