



Dr. Joshua Alpert
Post-Operative Surgery Instructions:
Elbow Distal Bicep Repair

Immediately After Surgery in the Recovery Room:

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a splint and sling on your operative extremity.
- It is encouraged that you move your wrist, and fingers as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- If a nerve block has been used, its purpose is to decrease pain. It will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. We recommend starting it immediately when getting home, then as needed.

After Surgery at Home:

- The splint will keep the elbow at 90 degrees and is to stay on until your first post-op visit. Keep this splint dry. If showering, cover in a plastic bag.
- Wear the sling at all times to support the elbow and splint. The only time it can be removed is while showering.
- Keep the extremity elevated when resting. This will help with swelling and pain.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.
- Physical therapy recommendations will be made during your first office visit after surgery.

First Post-Op Office Visit:

- Please arrange to see Dr. Alpert or PA Alyssa in the office 3-10 days after surgery.
- The sling and splint will be removed at your first post op visit. From there, you will be fitted for a brace on your arm that restricts your range of motion. This is crucial for the healing process of the tendon.
- Physical therapy recommendations will be made at your first postoperative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of physical therapy you may need can last up to 4 months.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Alyssa (PA) or Nikki (secretary).

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