

## **Distal Biceps Tendon Repair**

### ***What is the distal bicep tendon?***

The bicep muscle attaches to the radial tuberosity, which is a small bump on the side of one of the two bones of the forearm (the radius) near the elbow joint. The biceps muscle bends the elbow bringing the hand toward the body. The muscle also helps to twist the forearm, turning the palm up.

### ***How do you repair the distal biceps tendon?***

The distal biceps will be repaired through an incision in the bend of your elbow. Strong sutures will be woven through the end of the tendon and then tied down to the radius over a metal button.

### ***Length of Stay***

This is an outpatient procedure.

### ***Anesthesia***

Patients usually have general anesthesia, which means you are asleep.

### ***Incision***

You will have an incision in the bend of your elbow, once it heals it will be not very noticeable.

### ***Pain***

You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours. It is important to stay on top of the pain medication. Most patients receive Toradol, which is a strong anti-inflammatory. Begin taking this medication when you get home. The Narcotic you are prescribed should be used as a rescue medication as needed. For the first 2 days it is advised that you take 1 of these pills around the clock to stay on top of the pain. If it is too strong, you can take Extra strength Tylenol in its place.

### ***Splint***

Your arm will be placed in a splint prior to leaving the operating room. You are to remain in your splint 24 hours a day. This includes sleeping in your splint. At the post op visit, the splint will be removed.

### ***Dressings***

You will go home with gauze dressings covered with the splint and wrap. You are to leave those in place until your first post operative visit (10-14 days after the

day of surgery). You may cover the splint and dressings with a plastic trash bag to keep them dry while showering.

***Physical Therapy***

You can go to formal physical therapy after 2 weeks. If you prefer home therapy, Dr Acevedo can prescribe you a program with the MyHealthTrack app.

***Restrictions***

Recovery from a distal biceps tendon repair is three months. During that time, you will have restrictions on the use of your operative arm.

**Day of surgery to 6 weeks:** remain in brace, no use of arm for any work, no driving. OK to type and write.

**Months 1.5-3:** no lifting and carrying anything greater than 5 lbs.

***Follow Up Appt***

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

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