

Triceps Tendon Repair

What is the distal tricep tendon?

The triceps muscle attaches to the Olecranon, which is the bump on the back of your elbow joint. The Triceps muscle extends the elbow bringing the hand away from the body.

How do you repair the triceps tendon?

The triceps will be repaired through an incision on the back of your elbow. Small screws with sutures called suture anchors are placed in the bone, The strong sutures will be woven through the end of the tendon and then tied down to the bone.

Length of Stay

This is an outpatient surgery. You will need to have someone to drive you home after you have been discharged.

Anesthesia

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

Incision

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

Pain

You will have pain medication prescribed for you prior to discharge. 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.

Brace

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 I will transition you into an elbow brace that allows movement of your elbow.

Dressings

You will go home with gauze dressings covered with the splint. 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 with a plastic trash bag to keep it dry while showering.

Physical Therapy

Going to a physical therapist after a triceps repair is important in regaining motion and strength of the arm. You will go to formal physical therapy after 2 weeks.

Restrictions

Recovery from a triceps 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 long distances. OK to type and write.

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

>3 months: No restrictions. Resume activities as tolerated.

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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