

DISTAL BICEPS | RECONSTRUCTION AFTERCARE

I will see you a week after the surgery to remove your plaster and the stitches. Waterproof dressings will be applied that can be removed the next day. Your backslab will be removed but you will continue to wear your sling and a compressive sleeve on the elbow. Most people will take the Indocid tablets for a total of 3 weeks to prevent excess bone formation around the elbow.

With your elbow bent to 90 degrees you will need to practice pronation and supination (twisting the palm to face the sky and then to face the ground without moving the elbow). This is done by keeping the elbow touching the side of your body and rotating the forearm and palm. There is no danger to the graft if this is done with the elbow at 90 degrees of flexion. The movements will feel stiff initially but you should persevere with them. Usually you will need your other hand to help force the hand into this position. It can take 2 to 3 weeks to achieve 90 degrees of rotation in each direction.

You must also gently bend your elbow, moving your hand towards the point of your shoulder. If you are unable to reach your shoulder then use your other hand to help push the operated hand towards the shoulder.

Extension (straightening the arm) is not permitted unless I have given you permission to do so. Most people will be allowed to straighten the arm until it is within 30 degrees of being fully straight. **Moving further than this puts you at risk of tearing the repair.**

Typically the sling is removed at 6 weeks but return to full activity can take up to 6 months.

December, 2009