



Triceps Tendon Repair

Patient Postoperative Instructions

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0-1 week

Pain medication:

- Use your prescription pain medication as needed to control pain.
- If your arm was numbed (blocked) for the surgery by the anesthesiologist, begin taking pain medication before the block wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

Post-op Dressings:

- Keep the dressings and splint in place until your first postoperative visit.
- Elevation of the arm, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a large heavy plastic bag that is sealed with Saran wrap).
- If the dressings get dirty, wet, or come apart please contact the office to have the dressing re-done.

Motion:

- Start moving your fingers as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Do not lift, carry, push, or pull anything heavier than a glass of water or can of soda.

1 week (First therapy visit)

Brace:

- The postoperative splint will be removed at your therapy visit.
- You will be placed in to a removable hinged elbow brace by hand therapy.
- The brace should be worn full-time except for therapy exercises. You can begin gentle scar massage at 3 weeks after surgery.
- If preferred, a long-arm night splint may be worn with sleep rather than the elbow brace.

Motion:

- Therapy will be started for elbow, forearm, and wrist motion.
- Continue to avoid lifting, carrying, pushing, or pulling objects heavier than a glass of water.

2-6 weeks (First post-op visit)

Brace:

- The sutures will be removed at your 2-week visit.

-Continue wearing the brace full-time except for therapy. You can begin gentle scar massage at 3 weeks after surgery.

Motion:

- Continue motion exercises under the direction of your therapist.
- Continue to avoid lifting, carrying, pushing, or pulling anything heavier than a glass of water.

6 -10 weeks (Second post-op visit)

Splint:

- Wean from the brace at 6 weeks.

Motion:

- Continue elbow range of motion, including stretching.
- Begin forearm strengthening at 6 weeks.
- Begin gentle elbow strengthening at 8 weeks.
- You can lift/carry up to 5lbs (about 1/2 gallon of milk) as your symptoms allow at 8 weeks.
- You can lift/carry up to 10-15 lbs starting at 10 weeks.
- Transition to a home exercise program at 8 weeks.

10-12+ weeks (Third post-op visit)

Splint:

- No longer needed.

Motion:

- Continue elbow and forearm strengthening as part of a home-based program.
- Gradually return to light activity and exercise. Light weightlifting (<20lbs) and non-contact sports practice can start at 12 weeks.
- Moderate weightlifting (<50lbs) and non-contact sports competition or contact sports practice can start at 14-16 weeks.
- Contact sports competition and unrestricted weightlifting (including plyometrics) can start at 16-20 weeks.