

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Distal Biceps Repair
Postop Instructions

Dressing:

Keep the dressing/splint clean and dry. Keep the splint wrapped in a waterproof bag for showering or take sponge baths.

Ice:

Ice can be placed over the front of the elbow to help with pain and swelling.

Activity:

Wiggle your fingers regularly.

Pain medication:

Make sure to take your pain medication regularly for the first few days to try to keep the pain under control.

Questions?

Please call the office at 408 364 1673.