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Sports Medicine, Shoulder &  
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## **POSTOPERATIVE INSTRUCTIONS TRICEPS TENDON REPAIR**

### **DIET**

- Begin with clear liquids and light foods (Jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- To avoid infection, keep surgical incisions clean and dry — you may shower by placing a large garbage bag over your splint starting the day after surgery — NO immersion of operative arm (i.e. bath)

### **MEDICATIONS**

- Pain medication is injected into the wound and elbow joint during surgery — this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time — this can be taken as per the directions on the bottle
- Common side effects of the pain medication are nausea, drowsiness, and constipation — to decrease the side effects, take medication with food — if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed (678-732-1337- Alicia)
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 400-600 mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative peaks and valleys, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

### **ACTIVITY**

- Elevate the operative leg to chest level whenever possible to decrease swelling
- Wear brace AT ALL TIMES
- Do NOT bear any weight (No LIFTING) with your operative arm — unless instructed otherwise by physician
- Do not engage in activities which increase elbow pain over the first 7-10 days following surgery
- Avoid long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### **ICE THERAPY**

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit — remember to keep arm elevated to level of chest while icing

## **EXERCISE**

- No exercise or motion is to be done until instructed to do so by your physician after the first postoperative visit
- Formal physical therapy (PT) will begin about 14 days post-operatively with a prescription provided at your first post-operative visit

## **EMERGENCIES\*\***

- Contact Dr. Kercher's Clinical Assistant, Alicia Henderson, at 678-732-1337 if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist or hand
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting

\*\*If you have an emergency after office hours or on the weekend, contact the main office number at 404-355-0743, you will be connected to our on call Nurse – they can then contact the Doctor on Call if warranted. Do NOT call the hospital or surgicenter.

\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

## **FOLLOW-UP CARE/QUESTIONS**

- If you have additional questions that arise at any time for Dr. Kercher or in general, please send an email to Alicia ([ahenderson@pocatlant.com](mailto:ahenderson@pocatlant.com)) or call Alicia directly at 678-732-1337.
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours at 404-355-0743 and ask for appointment scheduling.