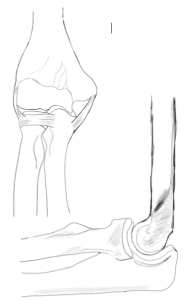


MATTHEW J. DUBIEL M.D.
Shoulder and Elbow Surgery
www.mdubiellmd.com



Triceps Repair

DIET

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

WOUND CARE

- **Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs**
- **It is normal for the incisions to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing**
- **You can shower two days after surgery. NO immersion of operative arm (i.e. bath)**
- **Keep your dressings clean and dry. You may need to cover them with a garbage bag in order to shower/hygiene.**

MEDICATIONS

- **If you received a block your arm should feel numb anywhere between 12 and 36 hours before it wears off. If you did not receive a block you may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours.**
- **Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle**

Primary Medication = Norco (Hydrocodone)

- **Take 1 – 2 tablets every 4 – 6 hours as needed Max of 12 pills per day**
- **Plan on using it for 2 to 5 days, depending on level of pain**
 - **Do NOT take additional Tylenol (Acetaminophen) while taking Norco**
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**
 - **Do not drive a car or operate machinery while taking the narcotic medication**
 - **Ibuprofen 400-600mg (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.**

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ACTIVITY

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm supported) or 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

****Emergencies****

- Contact Dr. Dubiel or his team at 517.2394-3200 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, hand or lower extremity
 - 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, call 517-394-3200 and you will be connected to our page service – they will contact Dr. Dubiel or one of his Partners if he is unavailable. Do NOT call the hospital or surgicenter.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (517-394-3200)
- This web site also includes more postoperative information for specific procedures, which may be helpful for your recovery. (coming soon)