



Dr. Izquierdo's Preoperative Surgical Instructions

Distal Biceps Tendon Repair

History and Physical/Medical Clearance

Dr. Izquierdo will be performing your surgery. He performs all of his own surgical procedures.

After your surgery is scheduled Vanessa, our surgery scheduler 779-220-5009, will instruct you on appointments that need to be completed prior to surgery.

- This may include a preoperative physical exam, blood work and EKG and a pre-operative appointment with Marie Rivers PA-C. These appointments must be within 30 days of the planned procedure.
- If you see any specialists, such as a cardiologist or pulmonologist, you will need clearance from them prior to surgery. Please bring a complete list of medications (prescription and over-the-counter) you are taking to these appointments.

Dental Work

Please avoid routine dental work 2 weeks before or 3 months after surgery.

If there is a dental emergency, 2 weeks prior to surgery or within 3 months after surgery, you will need to be pre-medicated with anti-biotics.

Flu Shot

No flu shots for 2 weeks before and up to six weeks after surgery

Medications

We ask that all patients stop medications that thin or anti-coagulate the blood. These medications such as **Ibuprofen (Advil or Motrin), Aspirin, naproxen (Aleve), nabumetone (Relafen)** and all other **anti-inflammatory** medications can affect blood clotting. Please stop these medications 7 days prior to surgery.

Medicines such as **Coumadin, Plavix, Eliquis, Pradaxa, Arixtra and Xarelto** must also be stopped. However, special arrangements may be required before you discontinue these medications. We recommend you contact the physician that prescribed the medicines for you for instructions to discontinue use.

You should also notify the surgeon of any medications you are taking and we recommend that you bring a complete list of all your medications to your appointments.

Stop all over-the-counter herbs such as Fish Oil, Co-Q10 and Saw Palmetto, including teas as well as all vitamins and minerals 14 days prior to surgery.

Night before Surgery

DO NOT eat or drink anything (including coffee, tea, milk gum) after midnight the night before surgery unless otherwise instructed by your surgical facility. Certain medications can be taken the morning of surgery with a sip of water. Please confirm this with your Primary Care Physician and anesthesia. Diabetic medications may require special dosing which will be provided by your physician.

Surgical Site

If your surgical site has any type of insect bites, skin irritation, rash, or acne, please call Becky at 779-220-5018, Ashlee at 779-220-5029 or through your patient portal to notify them or leave a message so they can contact you. Such conditions could be cause for cancellation of surgery.

Pain Medication Refills

Pain medicine prescription refills after surgery will be filled **Monday through Friday 8AM to 3PM only**. Please allow up to 48 hours to have your prescription filled. All pain medications will need to be handwritten and picked up either in Crystal Lake or our Huntley office. **No prescription will be issued on weekends or after 3PM on weekdays**. If you are in need of a pain medication refill over the weekend you will need to be evaluated in an Emergency Room.

Pain Medication

Post-operative medication will be given to you at your pre-op appointment. A prescription for Percocet 10/325 #70 for severe pain and Tramadol 50 mg for moderate pain will be given to you. **Do not take these together or with alcohol, recreational drugs etc.** One or the other can be taken.

Anti-Inflammatories

No NSAIDS for 4 weeks post-op such as Advil, Ibuprofen, Aleve and prescription strength anti-inflammatories. Anti-inflammatories can slow down the healing process.

Nausea Medication

Zofran ODT 8 mg #8 or Phenergan 25 mg#20(for nausea) with one refill will be eprescribed for you to your pharmacy prior to surgery.

Stool Softener

The pain medication can cause constipation, so make sure you are staying well hydrated with water/fluids. If you have not used a stool softener in the past Senecot-S is a natural stool softener that can be purchased over the counter at your local pharmacy.

- Take two Senecot-S the night before surgery.

- Following the procedure we recommend that you take two Senecot-S a day while taking your narcotic pain medication to help prevent constipation.

Splint/Brace

You will be in a posterior-mold splint that should not be taken off until you return for your post-operative appointment. At your post-operative appointment you will be placed in an IROM elbow brace that you will wear at all times for 6 weeks.

Physical Therapy

Physical therapy will begin two weeks from date of surgery.

FMLA/Short Term Disability Paperwork

If you need leave of absence forms filled out for your employer, please request these from your employer and have them sent to us as soon as possible. Please allow 5-7 business days for completion.