## Distal Triceps Repair
### Post-Operative Protocol

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 0-14</strong></td>
<td></td>
</tr>
</tbody>
</table>
- Keep splint clean, dry and in place until follow-up  
  - May wear sling, in addition to splint, if more comfortable  
- No lifting greater than 1-2 pounds  
  - May do self-care activities as well as light duty work such as typing and writing  
- Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.  

| Follow-up Visit (day 10-14) |  
- Place in a hinged elbow brace, locked at 90 degrees  
- No lifting against resistance (greater than 1-2 pounds)  
- May remove brace to shower  
- May remove brace several times a day to work on gentle range of motion up to 90 degrees  
- Range of motion; wrist, hand and active shoulder motion in all planes  
- Stitches are absorbable  
  - A clear tag of the absorbable stitch may be sticking out of the skin. Snip the tag of the stitch close to your skin.  
- May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel.  
  - Once steri-strips fall off and incision site is fully healed, water activity is unrestricted  

| Week 6 Follow-up Visit |  
- Discontinue use of hinged elbow brace  
- Range of motion as tolerated  
- No lifting against resistance (greater than 1-2 pounds)  

| 3 Month Follow-up Visit |  
- Continued range of motion as tolerated  
- No lifting against resistance (greater than 1-2 pounds)  

| 6 month Follow-up Visit |  
- Gradual strengthening program with the guidance of physical therapy  
- Return to activity as tolerated  