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POSTOPERATIVE INSTRUCTIONS - ELBOW ARTHROSCOPY

SLING/MOVEMENT

You may come out of the sling and move your elbow as soon as you feel comfortable. You should come out of the sling flex and extend your elbow every hour to prevent stiffness. Your sling is for comfort only.

ICE

An ice machine will be provided to you for after surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day. In addition to icing, elevate your elbow above your heart. This helps reduce swelling.

MEDICATIONS

An injection of local anesthesia was injected into your elbow after the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take Miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

After your surgery, you can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

DRESSING/BANDAGES

You may remove the large dressing on your elbow and place band-aids over the incisions on the **second** post-operative day. Please keep the incisions clean and dry. It is ok to shower after the elbow dressing is changed to band-aids. Do not take a bath or submerge your elbow in water until your incisions are checked at your first post-operative visit.

DRIVING

You may drive 3-5 days after surgery if you are not taking pain medication and have good control of your arm.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incisions.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.