



# PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

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## Elbow Surgery Postoperative Instructions

### Medications

Take 1-2 tablets every 4-6 hours as needed for pain.

Oxycodone    Hydrocodone/Tylenol    Tylenol

Toradol: Take 1 tablet every 8 hours for 3 days following surgery

Use your medicine liberally over the first 48 hours, and then you can begin to taper your use. Do not take additional Tylenol if you are taking Percocet, Norco, or Vicodin.

You have been given a prescription for a stool softener, Colace. This medication is routinely used as pain medicines can be very constipating. Please take as directed unless you experience loose stools or diarrhea.

Take one aspirin (81mg), a day for 2 weeks after surgery, unless you have an aspirin sensitivity/ allergy or asthma.

Other \_\_\_\_\_

You have been given a prescription for oral antibiotics. You are instructed to take these antibiotics as directed, as a precaution.

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### Diet

Resume a regular diet as tolerated.

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### Sling/Brace

Maintain the operative arm in the dressing that was placed at the time of surgery.

Use the sling as needed for support of the arm.

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### Activity

You may gradually increase your physical activity as the effects of the anesthetics wear off and your strength improves.

Elevation is critically important following elbow surgery. For the first 48 hours you should keep your elbow elevated the majority of the time. This requires you to lay flat or slightly inclined with your hand at a height above your elbow and your elbow above your heart. Generally, this requires pillows under the elbow and pillows under the hand on the belly or chest.

Perform range of motion and gentle gripping activities with your hand to stimulate circulation.

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(561) 694-7776 | [www.pboi.com](http://www.pboi.com)

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- You may begin gentle range of motion exercises to the elbow and forearm as instructed by your doctor beginning on the second day after surgery.
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## Ice

- You may apply ice to the operative site over your bandage/splint. The effects of the ice may not penetrate the thick dressing/splint. You should ice the elbow 3-4 times a day for 45 minutes at a time.
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## Dressing Care

Keep the post-operative dressing intact and dry.

- You may remove your dressing on post-operative day 5 following surgery if allowed by your physician.

Do not remove the dressing until seen by you physician.

Some slight drainage through the dressing is common and is most often noted on the 2<sup>nd</sup> or 3<sup>rd</sup> post-operative day. Do not be alarmed.

- Your elbow is splinted straight. On the first postoperative day, remove the outer ACE wrap and remove the hard splint on the front of your elbow. There will be another ACE wrap underneath the splint. Leave this ACE wrap in place and keep clean/dry until follow-up. You may begin to range the elbow once the splint is removed.
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## Follow Up

Generally, a follow up appointment has been made for you at the time of surgery. You can call the scheduling center to confirm your appointment (561) 694-7776. Notify our office at (561) 694-7776 if you have any of the following:

Fever over 101.5 degrees.

Excessive blood on your dressing.

Numbness or tingling in your arm or hand that was not present before surgery and has lasted more than 24 hours.

Drainage from any incision that last longer than 4 days following surgery.

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