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## **POSTOPERATIVE INSTRUCTIONS – ELBOW ARTHROSCOPY**

### **MOVEMENT**

You can move your elbow as much as tolerated. You should come out of your sling multiple times a day to move the elbow. The sling is for comfort only.

### **ICE**

An ice machine may be provided to you prior to your 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 no ice machine was provided, you may use ice bags at the same intervals.

In addition to icing your elbow, elevate your arm while at rest. This will help reduce swelling.

### **MEDICATIONS**

An injection of local anesthesia was injected into your elbow after the completion of 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 (e.g. Norco, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4-6 hours until you go to bed.

Two days 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**

Keep your dressing clean and dry. You may remove the dressing two days after surgery. Please place waterproof band-aids over the incision sites. It is okay to shower two days after surgery. Replace band-aids following your shower. Do not take a bath or submerge your elbow under water.

### **EMERGENCIES**

It is normal to have a low grade fever 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, if there is increased drainage from the incision sites, or uncontrolled pain. Please call 911 if you experience chest pain or shortness of breath.

### **APPOINTMENT**

Your post-operative appointment has been scheduled prior to your surgery. Your appointment will be around 7-10 days after your surgery. Please contact the office if have questions about when your appointment will be.