

Elbow Arthroscopy – Patient Information

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ACTIVITY:

- You can flex and extend your elbow as comfort allows.
- Wear the sling for comfort, it is ok to remove the sling and move your elbow as comfort allows.
- Do not lift heavy objects with your operative arm until you are seen in follow up.
- Physical Therapy can start next week

DIET:

- Start with liquids and advance your diet as tolerated.

Medication:

- Take the prescription pain medicine (Norco/Vicodin/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Ibuprofen or Advil can be taken in addition to the narcotic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

DRESSING:

- Keep your dressing clean and dry. Remove your dressing after 48 hours and apply Band-Aids to your incision sites.
- You may shower once the wounds are dry and not draining
- Use ice over your elbow for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

SPECIAL INSTRUCTIONS:

- Once you are off pain medications and have full strength and motion of your elbow, then you may drive.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor

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- Persistent nausea or vomiting into the next day
- Increased swelling of your fingers or severe tightness of bandage

FOLLOW-UP CARE:

- Your postoperative appointment 7-10 days after surgery will have been made for you when surgery was set up.