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Patient Sticker Here

Date

POST- OPERATIVE INSTRUCTIONS - ELBOW ARTHROSCOPY

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- Use Ice 3-4 times per day for the first 3-4 days, then as needed for pain relief.
- A sling will be placed on your arm in the recovery room. You may remove it when at home and straighten your arm, but you must wear it in public places.
- You may have a wrist brace placed in the recovery room if ordered by Dr. Gamradt. You should wear this at all times. You may take it off for hygiene.
- Rest with a pillow under your elbow.
- You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering. Gently pat the area dry. Do not soak the elbow in water. Do not go swimming in the pool or ocean until your sutures are removed.

EXERCISES

- Avoid lifting heavy items with your operated arm until seen in the office for suture removal.
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- Gentle Elbow Flexion / Extension (gentle bending and straightening)
 - Hand / Wrist Range of Motion Exercises
 - Grip Strengthening

POST-OP

- You will be given two prescriptions for pain relief for you to use post-operatively:
 - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery.
**** IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - VICODIN, a strong narcotic, to be used only on an "as needed" basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.