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## **ELBOW SURGERY DISCHARGE INSTRUCTIONS**

**Diet** • Resume regular diet as tolerated.

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**Medication** •

- Follow instructions in your pre op binder for multimodal pain control
- Oxycodone  Tylenol #3  Norco
- Aspirin 81 mg: Take 1 tablet for 2 weeks.
- You have been given a prescription for Phenergan. Fill this prescription **ONLY IF** you have severe nausea.
  - If you had a block, begin taking pain medicine at the first sign of return of sensation. Take medicine prior to onset of pain.
  - \* Restart your daily medication unless you are instructed to do otherwise

You will be given a prescription for pain medicine at your preoperative appointment. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation, and urinary retention. If you experience these side effects, please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe you should seek immediate medical attention.

**Refills on pain medication are authorized during office hours only (8am-5pm; Mon-Fri). Medication will not be refilled on weekends.**

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### **Activity**

- Minimize activity the day of surgery.
- Ice may initially be difficult to apply because of the thick dressings. Apply ice to the elbow 3 times per day for 20 minutes for up to 1 week.
- **DO NOT** use heat.
- **DO NOT ACTIVELY** (on your own) use your arm until you are instructed to do so.
- **DO NOT** lift anything with your operative hand.
- Open and close your hand 10 times every hour that you are awake.
- **DO NOT USE** exercise equipment unless otherwise instructed.

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- Keep a pillow under your elbow while lying down or sleeping. Sleeping in an upright position (recliner) may be more comfortable.

### **Sling**

- Maintain the operative arm in a sling/brace for comfort and remove when tolerated.
  - Maintain the operative arm in a sling/brace at all times, until you are seen back in the doctor's office.
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### **Showering**

- You may shower 3 days after surgery unless told otherwise. Use a plastic bag or cast cover to protect the dressing/cast from getting wet. **DO NOT** immerse the elbow under water.
  - You may **NOT** shower or get dressings wet until after next office visit.
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### **Dressing removal:**

- Remove brace and all dressings 72 hours after surgery. **NEVER** remove paper tapes (steri-strips) or your sutures. Apply fresh gauze and ace wrap. Wrap lightly over the wound. Re-apply the brace.
  - You have been given a portable sequential compression device. Wear on both legs when you are not walking including while sleeping until follow up appointment.
  - DO NOT** remove the steristrips or zipline until you are seen in our office.
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### **Dressing Care**

- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- If the dressing does get soaked with wound seepage, remove the dressing and replace with dry gauze
- If the dressing does get soaked with wound seepage, place an additional bandage over the existing dressing. If you have a splint, you should never remove the splint.
- Dressing removal:
  - Remove all dressings 3 days after the surgery. **DO NOT** remove the sutures.
  - DO NOT REMOVE** the dressings until your next office visit.

Findings: \_\_\_\_\_

Procedure: \_\_\_\_\_

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- Physical Therapy**
- You will be given a physical therapy prescription to begin in 1 to 2 days.
  - You will be given a physical therapy prescription when you are seen in the office for follow-up.
  - No formal physical therapy will be needed.

**Follow-Up Appointment** \_\_\_\_\_

Specific Instructions:

- Notify our office at **949-491-9991** for:
    1. A sudden increase in swelling and redness or warm at the area the surgery was performed **which is not relieved by rest, ice, and elevation.**
    2. Oral temperature greater than 101.5 degrees that is not relieved by taking 2 tylenol every 4-6 hours. **Do not exceed 3.5 grams of Tylenol over 24 hours. Note your pain medicine contains Tylenol or acetaminophen.**
    3. Excessive drainage from the incision or dressing which has not stopped 72 hours after surgery which is not relieved by applying a compressive dressing, ice and elevation.
    4. Fever, chills, shortness of breath, chest pain, nausea, vomiting or other signs and symptoms that concern you.
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I have seen and understand these instructions.

\_\_\_\_\_  
Discharge Nurse

\_\_\_\_\_  
Patient

Date \_\_\_\_\_

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