

Discharge Instructions for Elbow Arthroscopy

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Do not perform any strenuous activity or use limb to carry or walk until cleared by your physician.
- Exercise:** Perform all exercises instructed as much as tolerates until return visit. Make sure you have a Physical Therapy post-operative appointment, preferably the day after surgery.
- Pain Medication:** You will be given a prescription for narcotic pain medicine before leaving the hospital. Take this medicine for severe pain only. Only take one pill every four hours. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use Advil/Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.
- Ice:** Ice is an excellent source for relief of pain, swelling, stiffness and inflammation. Use it 20 minutes out of every hour while awake for the first day. Then use ice as needed after the first day. It can be used for several weeks as needed. You should also use it before and after all exercise sessions.
- Return Visit:** Your Post Op appointment has been set up for you and was stated in your surgery letter that was mailed to you. If need to change please call (989) 583-7450.
- Emergency or Problems:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call (989) 583-7450 for assistance.
- Wound Care:** Your incision is closed with sutures or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Starting on the second post operative day, you may remove your bandage and shower this evening as it states below. You will need to cleanse the incision site with Alcohol and then reapply a new dry dressing. Do not remove steri-strips because these keep the incision closed and sutures in place.

Showering: You should never take a bath, use a hot tub or go swimming until instructed to do so. You may shower only if you keep the incisions completely dry. Waterproof dressings can be purchased at your local pharmacy (i.e. Tegaderm).

Suture Removal: Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.