

Discharge Instructions after Arthroscopic Elbow Surgery

- A sling has been provided for you. You may remove the sling once the nerve block has worn off and you have normal sensation in your arm. The sling may be worn for your protection (crowded public areas, etc.).
- Use ice on the elbow intermittently over the first 48 hours after surgery.
- Use the prescribed pain medication liberally over the first 48 hours, and then begin to taper your use. **DO NOT TAKE MORE THAN THE PRESCRIBED DOSE.** You may take Extra Strength Tylenol or Tylenol in place of the pain pills.
- You may remove your dressing after two days. The stitches stay in place until your follow up visit. If the incision sites are still moist, place a Band-Aid over the moist site(s). Change Band-Aids daily until dry.
- You may shower 5 days after surgery. The incisions CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incisions.
- You may move your elbow and use your hand for light activities of daily living. You should not do any heavy lifting or repetitive activities.
- You may receive a prescription for a medication, Indocin (Indomethacin), to take after surgery. If so, take as per the prescription. You MUST take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. Otherwise, continue to take it regardless of how your elbow feels. **While taking Indocin DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Narprosyn.**
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly.

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.