

Discharge Instructions after Total Elbow Replacement

- A sling may be provided for you. You may use the sling for your protection in a crowded area.
- Use the prescribed pain medicine liberally over the first few days, and then you can 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.
- Leave the dressing in place until your follow-up appointment
- You may shower after surgery. The dressing CANNOT get wet during your shower. Wrap the dressing with a dry towel and place your arm in a large trash bag.
- Take one 81mg aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/allergy or asthma.
- 3-5 times daily you should perform the gentle stretching exercises that you were taught by the physical therapist.
- You are not permitted any repetitive lifting over 5lbs and no weight bearing with the operative arm.
- 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 of the Incisions
- 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.