



TWIN CITIES ORTHOPEDICS

Excellence in Research and Education

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HOME CARE FOLLOWING ELBOW SURGERY

After your surgery you will have limited use of your affected arm. Please follow these guidelines to prevent any complications following your surgery.

DIET:

Your diet does not have any restrictions. You should drink plenty of fluids.

DISCOMFORT:

You will be given prescription pain medications following surgery. Use the medication as directed. If your pain is not adequately controlled with the prescription you have received, contact your physician. Do not take any alcoholic beverages while taking prescription pain medications.

You may also have been given either an antibiotic and/or anti-inflammatory prescription. These medications should be taken as instructed until the supply runs out. If you experience any stomach upset, skin rash, or other adverse reaction, stop taking the medication and contact your physician.

ACTIVITY:

Follow the physical therapy regimen that has been prescribed for you. This will be explained to you by your physical therapist. You should have already scheduled your therapy sessions in advance. If you have not, contact Ann at 952-456-7111. She can recommend a physical therapist for you to work with, and/or assist in arranging the necessary appointments. **Please be sure to take the physical therapy referral with you to your first appointment.**

Refrain from driving until you check with your auto insurance company to see if you are covered for driving with one arm. You should only resume driving when you are comfortable enough to avoid taking narcotic medication at or around driving time.

ASSISTIVE DEVICES:

You should wear your össur elbow brace locked in its current position for the following amount of time: _____

INCISION CARE / SHOWERING INSTRUCTIONS:

Please follow the instructions below, according to the type of surgery you have undergone. The appropriate box should be marked to indicate the instructions to follow. If it is not, contact our office for specific instruction.

All arthroscopic surgery

You may remove your dressing the **fourth** day after your surgery. A small amount of drainage from the incisions is normal. Once removed, you may leave the dressing off and place band-aids over the incisions. You can shower, but you cannot immerse the affected area under water. Replace wet band-aids with fresh, dry ones after your shower.

Surgery involving open incisions

There is no need to change the dressing. The initial bandage is the most sterile, and it is safest to keep it in place. It is recommended to avoid showering until your return appointment. If you do shower please cover the affected area with a plastic bag. Do not immerse the affected area under water. If you notice significant drainage on the bandage or the bandage becomes wet, contact our office and we will provide appropriate instruction regarding changing the dressing.

At your return appointment, sutures will be removed. Further instructions regarding management of the incision will be provided at that time.

FOLLOW-UP:

You have a follow-up appointment scheduled to see Dr. Lervick on

Any modifications to the above instructions will be made at that time. If you have any questions about your surgery, please call Dr. Lervick's office at Minnesota Orthopedic Sports Medicine Institute: **952-456-7111**

You have received **REGIONAL ANESTHESIA** for today's surgery:

Regional anesthesia is injected by an anesthesiologist into or around appropriate nerves to numb the area having surgery. It is a type of "local anesthesia".

The anesthesia your physician used to numb your arm will wear off in 4 to 12 hours, but it may take even longer. During that period, you should be careful because it is possible to injure the numbed arm and not be aware of the injury. While your arm is numb, you should:

- Wear a sling for support
- Avoid bumping your arm
- Avoid extreme hot or cold

You will have a tingling and prickly sensation in your arm as your feeling begins to return. **Make sure you take a dose of pain medication prior to your arm fully awakening.** Taking pain medication before the elbow becomes painful is very helpful in minimizing any discomfort you might experience