



# TWIN CITIES ORTHOPEDICS

## Post-Operative Instructions for Elbow Modified Nirschl Procedure

Dr. Nicholas Meyer  
Orthopedics & Hand Sports Medicine Surgeon

### What To Expect After Surgery

- After surgery, it is normal for your hand and fingers to continue to be numb for a period of time due to the local medication used at the time of surgery. You should begin to take the pain medication given to you, with food and on a schedule, before you regain feeling in your upper extremity. Pain after the local medications wear off is expected. After the first 48 hours, the pain medication can be used as needed. Please do not operate heavy machinery, drink alcohol or drive while using narcotic pain medication.
- You may use ICE to the elbow, as needed, but do not apply ice directly against the skin.
- You may have a sling to help support your arm while it is still numb. The sling can be used for comfort until the sensation returns in the upper extremity.
- There will be a well-padded splint on the elbow which will be removed at your first post-surgery appointment. The splint should be left in place and kept clean and dry.
- Please make an appointment to be seen by the hand therapist one hour after your first post-surgery appointment. You will begin a specific therapy protocol for your elbow at that time.
- Your first appointment for evaluation after surgery should be about 2 weeks from surgery. **If you don't already have appointments in place, please call Dr. Meyer's care team at 651-351-2639.**

### What Can I Do Safely With My Elbow?

We advise that you avoid any heavy lifting activities until you are seen after surgery. If you work a heavy labor job, you may need restrictions for a period of time. We can address this at your regular appointment. You may lift light objects. As a general rule, nothing heavier than a coffee cup until your first post-op appointment.

### When Should I Call My Surgeon?

- Pain is not controlled by pain medication or pain and numbness getting progressively more severe, including minimal use of fingers.
- Increased redness or drainage noted about the incision
- Fever over 101 degrees.
- Prolonged nausea or vomiting, difficulty voiding, or side effects from pain medications.
- Severe pain or difficulty removing the drain.

**If any of these items occur or you have any questions about your symptoms, please call Dr. Meyer's care team at 651-351-2639.**