

Seeds Orthopaedics

Orthopaedics and Sports Medicine

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www.drseeds.com
www.allaboutarthritis.com
www.jointreplacement.com

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## DISCHARGE INSTRUCTIONS FOLLOWING ELBOW ARTHROSCOPY

**Dressing & Stitches**: You will have a splint (half cast) on your arm. The splint will be removed in the office in 10 – 12 days and your stitches removed. Keep the dressing and splint clean and dry. Re-wrap the ace bandage if it becomes loose.

**Bathing**: Keep the splint dry. If you shower, be sure to have a plastic bag secured on the arm to keep water off the splint. It may be best to bathe at the sink until the splint is removed.

**Activity**: Limit your activity for 24 hours after surgery. Thereafter, you may be up as tolerated. Elevate the operative arm as much as possible for the first 24 hours to help prevent swelling. As you elevate the elbow, also elevate your hand. This will help prevent swelling in your hand. Move your fingers frequently.  
 **DO NOT** remove your splint. You will be given a sling to wear. The sling will give support to your operative arm.

**EXERCISE**: **Do Not** use the operative arm for any activity involving pushing, pulling, lifting or twisting until instructed otherwise by your doctor.

**Ice Packs**: Use the ice packs continuously for the first 24 hours after surgery. Thereafter, use the ice packs two or more times a day for 20 minutes at a time, if desired for comfort.

**Medication**: You will receive a prescription for pain medication. Take the medication, as directed, as needed for pain. Refill requests need to be called to the office between 8:00 AM and 4:30 PM Monday thru Friday. No refills are given after hours on weekdays, weekends or holidays.

**Appointment**: You should already have your appointment for suture removal. If not, please call the office to schedule this appointment as soon as possible after your surgery.

**Precautions**: Early postoperative problems can be seen by an increase in pain not relieved by the pain medication, a temperature above 101 degrees, numbness, progressive swelling not relieved by ice and elevation, bleeding or the inability to move the fingers or hand.  
**CALL THE OFFICE OR GO TO THE EMERGENCY ROOM IF ANY OF THE ABOVE SYMPTOMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 8:00 AM to 5:00 PM and can be reached at (440) 997-6950.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

Nurses's Signature: \_\_\_\_\_