

# Central Texas

Sports Medicine & Orthopaedics, P.A.

## Post Operative Instructions—Elbow Arthroscopy

### Cold Therapy:

- Expect swelling after your surgery. Ice will help reduce the pain and swelling.
- The day of surgery—Ice bags should be applied to elbow every 3 hours for 20 minutes
- The first week after surgery—use ice bags 3 times a day for 20 minutes. Then as needed
- Do NOT place ice bags directly on your skin

### Arm Sling:

- You will be placed in an arm sling after surgery
- You may remove the sling when comfortable

### Wound Care:

- You will leave the hospital with an ace wrap dressing on your elbow.
- You may remove the dressing **24 HOURS** after surgery and apply occlusive type band-aids to the incisions
- Take a shower with the band-aids on and change the wet band-aids immediately after your shower. **DO NOT** soak in a tub. Keep incisions clean, dry and covered.
- Expect to have some drainage from the incisions for a few days

### Activities:

- **You can NOT drive for 24 hours after surgery or while taking the pain medication**

### Pain Medication:

- **Lortab (Hydrocodone)**. You may take one tablet every 6 hours as needed for the pain
- You may also take an anti-inflammatory medication (Advil or Aleve). You can alternate the anti-inflammatory medication with the pain pills.
- We recommend taking these medications with food.

### Warning signs:

- Call the office if you experience any of the following:
  - Persistent or increased pain
  - Significant swelling, numbness or bleeding
  - Unusual drainage from incisions
  - Fever greater than 101 degrees

### Follow-up Appointment:

- Call the office if you have not already scheduled your follow-up appointment. We would like to see you one week after your surgery.
- After hours, if you have any questions or concerns, call the office number first **(979) 776-0169**