

# Central Texas

Sports Medicine & Orthopaedics, P.A.

## Post Operative Instructions – UCL Reconstructions

### Cold Therapy:

- Expect swelling after your surgery. Ice will help reduce the pain and swelling.
- Elevate elbow with pillows
- The day of surgery – Ice bags should be applied to elbow every 3 hours for 20 minutes.
- The first week of 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
- Wear arm sling at all times, even while sleeping.
- You will discontinue the use of the sling at you one week follow up appointment and be placed in a T-scope range of motion brace.

### Wound Care:

- You will leave the hospital with a dressing on your elbow. Keep dressing clean and dry.
- To shower, remove your sling and **cover dressing with saran wrap or a plastic bag.**

### Activities:

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

### Pain Medication:

- **Lortab (hydrocodone).** You may take one to two tablets every 4-6 hours as needed for the pain.
- **Toradol (Ketorolac)** (anti-inflammatory medication) – start the **day after** surgery and take **ROUTINELY** one with breakfast, lunch, and dinner for 5 days. While taking the Toradol, **DO NOT** take Advil or Aleve.
- **Phenergan** (anti-nausea medication) take one every 6 hours **AS NEEDED** for nausea
- 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
  - 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**