



**MOTION ORTHOPAEDICS**

**Office: 314-991-2163**

**POST –OPERATIVE INSTRUCTIONS - Elbow**

Your Surgeon: Tyler R. Krummenacher, MD

Your Surgery: \_\_\_\_\_

Your follow-up appointment: \_\_\_\_\_

**Dressings:**

- Your arm will be bandaged and /or splinted following your surgery:
  - Please remove this dressing 5 days after surgery and replace with a Band-Aid.  
You can begin showering at this point without the dressing.  
Please do not immerse your hand in water such as in a bath
  - Leave your dressing in place until your follow up visit.
- Please keep your dressing clean and dry at all times. You may shower tomorrow with your arm elevated above your head and dressing covered with a plastic bag, sealed with tape to make water tight. A plastic trash bag works well, or a commercial cast–protective bag can be purchased at most drug stores.
- If a cast has been applied to your arm, do not make holes in it or stick objects down it to scratch. To reduce irritation under the cast, you can blow cool air from a fan or hair drying under cast.

**Diet:**

- You will be started on clear liquids following surgery. Once you tolerate clear liquids, your diet may be progressed to your normal diet as tolerated. Do not try to eat too much too soon. This may result in nausea due to the narcotic pain medication and anesthesia. If you fell nauseated, try clear liquids and crackers only.
- Cigarette smoking (even just one or two) can affect your healing and rate of complications. We strongly recommend that you do not smoke for one month after your surgery.
- Do not drink any alcohol (beer, wine, or spirits) for one week after surgery or while taking narcotic pain medicines.

**Medications:**

- Pain medicine should be taken only “as needed” per your doctor’s instructions to help control your pain. Initially, you may take the pills on regular 4 to 6 hour intervals without missing any doses. However, as your pain improves, you will be able to decrease the frequency and amount.
- If a regional nerve block has been used for your anesthesia, it is common to experience numbness and tingling in the arm for twelve hours or longer after surgery. In order to get “in-front of” the pain, take your narcotic pain medicine as soon as you start to feel the nerve block wear off.
- You need to be as comfortable as possible, but also understand that no amount of pain medication, ice, elevation, and rest will completely eliminate pain after surgery. Non-steroidal anti-inflammatory over the counter medicines

(Motrin, Advil, Aleve, Naprosyn, etc.) may be used to supplement your prescription narcotic pain medication. **Because the pain prescription you were given contains acetaminophen (Tylenol), you should not take Tylenol or any medication containing acetaminophen while you are taking the pain prescription.**

- Occasionally pain medicines may cause nausea if taken on an empty stomach. Narcotic pain medicines can also cause drowsiness, lightheadedness, itching and constipation. Over the counter stool softeners and increased fluid intake can help relieve constipation.
- Unless otherwise specified, you can resume taking all of the medicines you were taking routinely prior to surgery.

#### □ **ELBOW ARTHROSCOPY**

- Sling: You may use the sling for comfort- but you may remove if you would like to.
  - Most people will use it in the house for at least the first day or two
- You'll be getting around your house well within a few days.
  - Resume simple activities (even stationary bike, exercise walking) in about 3 days.
- Driving: Only after you are SAFE, which means:
  - Off pain medications, and able to control a vehicle safely
  - This usually takes about 4-5 days, sometimes longer. Use your best judgment.
- Exercises: Begin exercises immediately:
  - Move your shoulder, wrist, and fingers around many times during the day
  - Lean over and gently swing your shoulder in a circle (called Pendulum exercises)

#### □ **Cubital Tunnel Release**

- You'll be getting around your house well within a few days.
  - Resume simple activities (exercise walking) in about 3 days.
- Driving: Only after you are SAFE, which means:
  - Off pain medications, and able to control a vehicle safely
  - This usually takes about 4-5 days, sometimes longer. Use your best judgment.
- Exercises: Refrain from strenuous exercise until clinic follow up appointment
  - Move your shoulder, wrist, and fingers around many times during the day
  - Lean over and gently swing your shoulder in a circle (called Pendulum exercises)

#### □ **Epicondylitis**

- Sling: You may use the sling for comfort- but you may remove if you would like to.
  - Most people will use it in the house for at least the first day or two
- You'll be getting around your house well within a few days.
  - Resume simple activities (exercise walking) in about 3 days.
  - Avoid any lifting or carrying anything heavy.
- Driving: Only after you are SAFE, which means:
  - Off pain medications, and able to control a vehicle safely
  - This usually takes about 4-5 days, sometimes longer. Use your best judgment.
- Exercises: Begin exercises immediately:
  - Move your shoulder and fingers around many times during the day
  - Lean over and gently swing your shoulder in a circle (called Pendulum exercises)

#### □ **Fracture/Ligament Reconstruction**

- Sling: You may use the sling for comfort- but you may remove if you would like to.
  - Most people will use it in the house for at least the first day or two
- You'll be getting around your house well within a few days.
  - Resume simple activities (exercise walking) in about 3 days.
  - Avoid lifting or carrying anything heavy.
- Driving: Only after you are SAFE, which means:
  - Off pain medications, and able to control a vehicle safely

