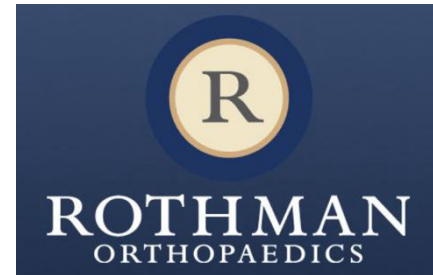


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Elbow Release Discharge Instructions

PAIN MANAGEMENT

- **NERVE BLOCK** -If you decided to have a nerve block after surgery, it will likely stay in effect for 6-12 hours, depending on how quickly your body metabolized the medications
- **ORAL PAIN MEDICATIONS**
 - Tylenol 325 mg
 - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
 - Indomethacin 75 mg
 - Take 1 tablet twice per day to help with pain and inflammation. You will take this for 4 weeks. This will also help extra bone from reforming around your elbow
 - Tramadol 50 mg
 - This is a non-narcotic pain medication used in conjunction with the Norco. You should take this medication every evening 4-6 hours as needed for pain, beginning tonight.
 - Oxycodone 5 mg
 - This is a narcotic medication. Start by taking one tablet every four to six hours if the Tylenol and tramadol are not controlling your pain. You may take one to two tablets every four to six hours as needed for pain.

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. **YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.**

- **OTHER MEDICATIONS**
 - Zofran (ondansetron) 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
 - Pantoprazole/Omeprazole 40mg
 - This medication is to protect your stomach while you are on the Indomethacin
- **ICE MACHINE**
 - Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
 - Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
 - After the first 2 days you may use the ice machine as needed for comfort

- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours

ACTIVITY INSTRUCTIONS

- **SLING:** only as needed
 - You will need to wear the sling only as needed. I do not want this to restrict your elbow ROM

WOUND CARE & BATHING

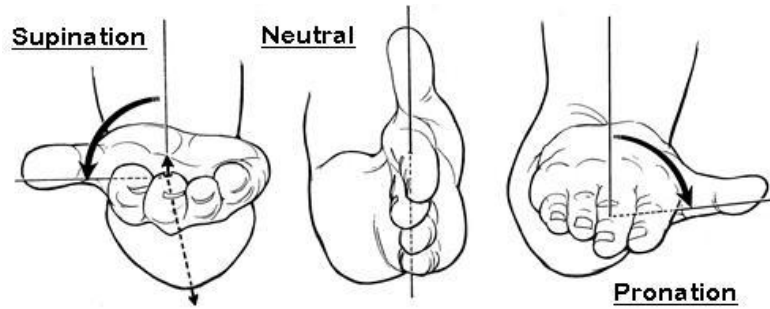
- **BANDAGE**
 - You have a large, bulky bandage on your elbow that you may remove **2 days** after your surgery. Simply unwrap the ace wrap
 - After the ace wrap is removed you will see a waterproof bandage on the inside of your elbow. Leave this in place until your follow up appointment, You do not need to cover this while showering as it is waterproof and can get wet.
- **BATHING**
 - You can shower once the initial dressing is removed (2 days post-op)

Other Information

- Normal sensations after surgery
 - Pain
 - Swelling and warmth up to 2 weeks
 - Small amounts of bloody drainage for first few days
 - Numbness around the incision area
 - Bruising
 - Low grade temperature less than 101.0 for up to 2 days after surgery.
 - Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
 - Change is noted to your incision (i.e. increased redness or drainage)
 - Temperature greater than 101.0
 - Fever, chills, nausea, vomiting or diarrhea
 - Sutures become loose or fall out and incision becomes open
 - Drainage becomes yellow, puss like or foul smelling
 - Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
 - Schedule for 10-14 days post-op. Please arrive 30 minutes early for x-rays.

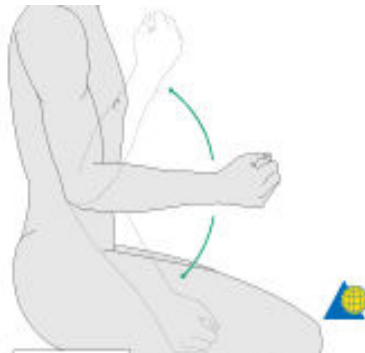
PHYSICAL THERAPY

- You may schedule your first physical therapy visit the day after surgery. It is extremely important that you being therapy immediately and for 3 times per week. Your physical therapy order, which you should hand-carry to your first visit, is attached to the back of this packet.
 - Physical therapy can be done at the facility of your choice.
- You may begin the home exercises listed below **the first day after surgery**. You can remove your sling to perform these exercises.
 - **SUPINATION AND PRONATION** (10-15 repetitions per set | 2 sets | 3 times daily)
 - With elbow at your side, alternate turning your palm upward (supination) and downward (pronation).



○ **FLEXION AND EXTENSION** (10-15 repetitions per set | 2 sets | 3 times daily)

- Remove sling and allow arm to rest at your side (you may perform this sitting or standing). Allow your arm to straighten at the side, then gently bend elbow up. Position forearm with thumb facing up.



○ **HAND AND WRIST EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)

- With your arm comfortably supported, gently bend wrist back and forth.
- Curl the fingers into the palm to make a loose fist and then straighten them out.

