

1. Dressing Care:

Change your dressing two days after surgery. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment. Keep the arm in the sling.

2. Medication:

You will be given a painkiller _____ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

You may also be given an anti-inflammatory medication _____ to be taken following surgery.

3. Activity:

You will be placed in a sling after surgery for comfort. Keep the arm in the sling for the first 2 weeks but it may be removed for washing and gentle range of motion exercises as directed. You may then work on progressive range of motion as tolerated but do not use the arm for any lifting (more than 2-3 pounds) or strenuous activity. Once full motion has been restored, usually by 6 weeks, you may gradually increase your activity.

Expected time to complete recovery and restoration of full strength is 3-4 months.

4. General Instructions:

Apply ice to the elbow (20min on /off) to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever $>100.5^{\circ}$ F, call the office immediately.

5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

6. Other Instructions:

*If you have any problems or concerns following surgery,
please call our office at (616) 949-8945.*