

### 1. Splint Care:

Keep your splint clean & dry until your follow-up appointment. Ice may be placed on the elbow over the sling for comfort.

### 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 splint & sling after surgery for comfort for 1 week. You will then be removed from the splint and may use the arm as tolerated working on full range of motion, progressing to full activity as pain resolves.

Expected time to complete recovery is 3-6 weeks.

### 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:

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