

# Alexander Martusiewicz, MD

Shoulder and Elbow Specialist

[www.DetroitShoulderSurgeon.com](http://www.DetroitShoulderSurgeon.com)

Phone: 313-887-6000

Fax: 313-887-6005

## **Elbow Arthroscopy Post-op Instructions – Osteocapsular Debridement and Release**

### **Medications**

- Take pain medication as instructed.
  - Try to taper your narcotic use as soon as you feel comfortable and taper to over the counter pain medication. Do not take additional Tylenol if you are taking Percocet, Norco, or Vicodin.
  - You have been given a prescription for a stool softener, Colace. This medication is routinely used as pain medicines can be very constipating. Please take as directed unless you experience loose stools or diarrhea.
  - Taken Naproxen (Aleve) 500 mg twice daily for 4 weeks unless you are taking a blood thinner, have a history of kidney disease, or GI upset from taking this medication.
  - Taken Aspiring 81 mg twice daily (unless instructed otherwise) to prevent blood clots
- 

### **Diet**

- Resume a regular diet as tolerated.
- 

### **Sling/Brace**

- Maintain the operative arm in the dressing that was placed at the time of surgery.
  - Use the sling as needed for support of the arm.
- 

### **Activity**

- You may gradually increase your physical activity as the effects of the anesthetics wear off and your strength improves.
  - Elevation is critically important following elbow surgery. For the first 48 hours you should keep your elbow elevated the majority of the time. This requires you to lay flat or slightly inclined with your hand at a height above your elbow and your elbow above your heart. Generally, this requires pillows under the elbow and pillows under the hand on the belly or chest.
  - Perform range of motion and gentle gripping activities with your hand to stimulate circulation.
  - Your elbow is splinted straight. On the first postoperative day, remove the outer ACE wrap and remove the hard splint on the front of your elbow. There will be another ACE wrap underneath the splint. Leave this ACE wrap in place and keep clean/dry until follow-up. You may begin to range the elbow once the splint is removed
-

## Ice

- \* You may apply ice to the operative site over your bandage/splint. The effects of the ice will likely penetrate the thick dressing/splint. You should ice the elbow 3-4 times a day for 15 minutes at a time.
- 

## Dressing Care

- Keep the post operative dressing intact and dry.
  - Do not remove the dressing until seen by your physician.
  - Some slight drainage through the dressing is common and is most often noted on the 2<sup>nd</sup> or 3<sup>rd</sup> post operative day. Do not be alarmed.
  - Your elbow is splinted straight. On the first postoperative day, remove the outer ACE wrap and remove the hard splint on the front of your elbow. There will be another ACE wrap underneath the splint. Leave this ACE wrap in place and keep clean/dry until follow-up. You may begin to range the elbow once the splint is removed.
- 

## Follow Up

- Generally, a follow up appointment has been made for you at the time of surgery. You can call the Orthopaedics scheduling center (313) 887-6000 to confirm your follow up appointment. Notify our office if you have any of the following:
  - \* Fever over 101.5 degrees.
  - \* Excessive blood on your dressing.
  - \* Numbness or tingling in your arm or hand that was not present before surgery and has lasted more than 24 hours.
  - \* Drainage from any incision that last longer than 5 days following surgery
- We prefer you call us directly rather than go to your local hospital or clinic. We will be happy to answer any questions or concerns you may have. Please call (313) 887-6000. If it is after hours, weekends, or holidays, please call the Beaumont Taylor Hospital at (313) 295-5000 or the Beaumont Taylor Orthopedic Unit at (313) 375-7200.