

# Alexander Martusiewicz, MD

Shoulder and Elbow Specialist

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

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## **Elbow Postoperative Instructions – Total Elbow Arthroplasty**

### **Call Your Doctor If:**

Call your surgeon's office at the number listed in the follow up section if:

- You have a fever of 101°F or 38.5°C or greater
- You have drainage from your wound
- You have swelling and/or increase redness
- You have increased pain or numbness
- You have a change in bowel or bladder function
- You have nausea/vomiting

Call 911 or go to the nearest emergency room if shortness of breath or chest pain.

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### **Diet**

- Resume previous home diet.
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### **Activity**

- Do not bear weight on the operative arm.
  - Keep affected extremity elevated,
  - Use your Polar Ice Care machine or place ice on affected site.
  - Wear your sling as instructed.
  - Wear your elbow brace during the day locked at 90 degrees.
  - Wear your elbow brace at night locked at 30 degrees.
  - Remove arm from splint 3 times a day to perform exercises for arm as instructed.
  - You need to be up walking around at least 6-8 times a day for at least 5-10 minutes at a time every day. Ask for assistance if it is needed.
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### **Care Instructions**

- Keep incision site clean and dry.
  - Do not use lotion, cream, or antibiotic ointment on your wound.
  - Do not shower, soak wound(s), or sit in hot tub or pool until cleared by your doctor.
  - Do not get your incision site wet until sutures or staples are removed at your next follow up appointment.
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### **Special Instructions**

- Continue home medications as prescribed.
- Occupational Therapy—Continue the exercises your therapist gave you.

- Do your incentive spirometry 10 times every hour while awake for one week.
  - You should not smoke or use nicotine based e-cigarettes or other nicotine based products. Smoking decreases blood flow, slows the healing process, and increases your risk of infection.
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### **Medications**

- Do not drive while taking narcotic pain medications (examples: Percocet, Oxycodone, Hydrocodone, Norco).
  - Percocet and Norco contain acetaminophen/Tylenol. Do not exceed 4 grams of acetaminophen/Tylenol in a 24 hour period.
  - Take pain medications as prescribed.
  - Take Aspirin 81 mg twice daily (unless instructed otherwise) to prevent blood clots.
  - Narcotic pain medications can be constipating and cause nausea, among other side effects. Please take stool softeners as instructed, and take the narcotic pain medication with food. If the stool softeners are not enough for the constipation, start taking an additional over the counter stool softener (i.e.- Colace, Dulcolax, Miralax, Milk of Magnesia). HOLD the stool softeners if you are having loose stools or diarrhea.
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### **Follow Up**

- Dr. Alexander Martusiewicz will see you for your follow up appointment at Beaumont Orthopaedic Associates - Canton, 7300 North Canton Center Road, Canton, MI 48187 or Beaumont Orthopaedic Associates - Taylor, 10000 Telegraph Road, Taylor, MI 48180. Please call (313) 887-6000 to confirm your appointment.
- 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.