

### Post-Operative Instructions: Elbow Surgery

1. A sling is provided for comfort. The sling may be removed as needed for shoulder range of motion exercises.
2. A splint is applied to the elbow after surgery. Leave the dressing and splint in place. It will be removed during your first post-op visit in the office.
3. Apply ice to the elbow directly over the elastic bandage. Ice at least 20min 5 times a day while swelling is evident.
4. Elevating the arm away from the side of the body will also help reduce swelling.
5. You may shower after 48hrs. Dressing must remain dry. Use a plastic bag and tape.
6. Take pain medicine as directed. Do not wait until pain is unbearable as the medicine will be less effective.
7. If pain is severe between doses of pain medicine over-the-counter ibuprofen may be taken. Take 600mg every 6 hrs. (Maximum 2400mg in 24 hrs).
8. Swelling and stiffness in the elbow is normal for several weeks following surgery and can be minimized by limiting activities and elevating the arm and applying ice after activities.
9. Plan to avoid lifting more than 5-10 lbs for the first few weeks after surgery.
10. Call Dr Tyndall's office if you notice any redness, increased warmth, swelling, or discharge or if the post-operative discomfort increases and is not relieved by a combination of applying ice, elevation, and taking pain medicine as directed.
11. Dr. Tyndall call be reached at 814-574-1855. The office can be reached at 814-942-1166. If you are experiencing an emergency go to the ER or call 911.