



LANCASTER ORTHOPEDIC GROUP

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Discharge Instructions after Elbow Surgery

Using Your Arm

- Remain in your sling at all times for the first 48 hours. This includes during sleep. As you feel comfortable, you can discontinue the sling.
- Use ice on the elbow intermittently (20 minutes on / 20 minutes off) over the first 48 hours after surgery.

Your Incision

- If a clear plastic dressing is on your surgical incision at discharge, leave it in place until your follow-up appointment.
- You may shower after surgery.
- If you have an ACE wrap on your elbow, you may remove it 48-72 hours after surgery as you feel comfortable.
- You may take the sling off when showering, but make sure to carefully hold your elbow against your body. Minimize the time your arm is outside of your sling.

Pain Medication

- Pain medicine has been prescribed for you. Use your pain medicine liberally over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- If you have been prescribed Toradol (Ketorolac), take this around the clock as prescribed even if you do not have pain. Toradol (Ketorolac) is a powerful anti-inflammatory medication that often limits the amount of narcotic pain medication that is required.

Please call 717-560-4200 for any problems. Including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F

You should see the doctor 10-14 days after your surgery.