

Elbow Surgery

Post Operative Instructions

James M. Bothwell, MD
Fort Worth Orthopedics
817.433.3450

Medications

***Pain** (Hydrocodone/Acetaminophen, Darvocet, Vicodin, Norco, Lortab)

You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

***Non-Steroidal Anti-Inflammatory** (Ibuprofen)

Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems, or drug allergy.***

***Antibiotic** (Keflex, Clindamycin)

If prescribed, please take this medicine as instructed.

***Antiemetic** (Phenergan)

This medicine should help if you are nauseous after your procedure. If you cannot tolerate this medicine, please contact the office as there may be an alternative.

Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

Activity and Elbow Splint/Brace

Feel free to move around as comfort allows while in your splint, do not bend or straighten your elbow. Keep your arm elevated, and try to keep both your elbow and your hand above your head as much as possible.

Dressing Change

Do not remove. It is okay to loosen bandage if needed for comfort. We will change at your first post-op visit.

Showering

Do not get the dressing or your incisions wet. You may use an occlusive dressing (water tight band-aids) until otherwise directed.

Physical Therapy

Further instructions will be given at your first post-op visit.

Post Operative Appointment:

Please call us for an appointment. We want to see you within 3 to 5 days after your surgery.

To Do List:

- ✓ Ice
- ✓ Bags to cover splint for shower
- ✓ An appointment for first post op visit