



## Elbow Surgery Post Operative Instructions Nick Avallone, M.D.

### **Elevate:**

You will notice some swelling of your hand following surgery – this is normal. To minimize swelling and discomfort, elevate your hand and elbow above the level of your heart as much as possible for the first week. When you sleep, keep your arm on several pillows.

### **Exercises:**

Unless otherwise instructed, you may gently open and close your fingers. Avoid strenuous activity until after your first post-op visit.

### **Dressing:**

Keep the original dressing on until your post-op visit. Do not get your dressing wet. You may take a bath or shower by covering your arm in a garbage bag or other waterproof bag, tied securely with rubber bands and/or duct tape. Keep your dressings as clean as possible.

### **Follow-up visit:**

You need to see the doctor 10-14 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

### **Common concerns:**

Bruising, pain, discomfort, and swelling of the hand or elbow are common after surgery. To relieve this discomfort, elevate the hand and elbow as described above. For pain relief, most patients take 2 Tylenol Arthritis and 2 Advil every 8 hours, as needed.

### **Please call if you experience:**

Oozing or redness of the wound, fevers (>101.5° F), or chills.  
Uncontrolled or excessive bleeding.  
Difficulty breathing or heaviness in your chest.

**REMEMBER - these are only guidelines for what to expect following elbow surgery. If you have any questions or concerns please do not hesitate to call the office.**