

You are recovering from arthroscopic elbow surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your elbow elevated for the next few days. Use your sling as needed for comfort.
2. You may change your dressing on the third postoperative day. Keep a bandage on your incision sites until seen in follow-up.
3. Postoperative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
4. Use ice on your elbow for the first 48 hours postop. Suggested icing is 20 minutes on followed by 20 minutes off to avoid complications. Use it thereafter for symptomatic relief.
5. Your postoperative therapy begins on the day of surgery. Initially you should flex and extend your fingers and shoulder to help reduce swelling. Motion of your elbow should begin on the first postop day unless splinted. Your goal is to obtain normal motion, not to begin strengthening your arm. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
6. Postoperative pain is common but should be controlled by the prescriptions given to you.
7. You will be seen in the office within the week for follow-up. Please call your doctor's office listed below if you have any problems.

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