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The following applies to: Elbow arthroscopy

Physical therapy: Start formal physical therapy when orders are given at your first postoperative visit in 10-14 days. Until then do the below listed exercises as tolerated.

WOUND CARE:

- Shower: as long as dressing is covered with waterproof covering. May remove dressing on 3rd day post operatively and cover incisions with bandages
- After bandages have been removed at first postoperative visit, may shower without covering incision sites, keep out of direct spray from water and pat dry.
- NO soaking in bathtub/hot tub or pool for first 2-3 weeks.
- Signs of infection: excessive or worsening pain, increasing redness around the incision sites, drainage from the incisions that looks like pus and/or is foul smelling, if you run a fever above 101°

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▪ PAIN/SWELLING CONTROL

- Start your **pain medication** before your nerve block wears off if you had one with surgery.
- For the first few days take your pain medication regularly as instructed, then wean as tolerated.
- If you have a lot of swelling into your hand, elevate your hand and arm above heart level on pillows or rotate hand upward resting elbow on table for 30 minutes.
- **Ice** for 20-30 minutes, at least four times per day for several days. You may use it more frequently as needed. It will help in reducing pain. Avoid placing ice directly on bare skin to prevent causing frostbite and give a break of 30 minutes in between sessions.
- It will help if you **sleep** with pillows behind your back and shoulder. Some patients find it helpful to sleep in a recliner.
- When dressing, put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down shirts are recommended.

Post operative arm exercises (may start 1st day after surgery)

Grip Strengthening

1. Make tight fist or grip rubber ball.
2. Hold for 10 seconds. Repeat 30 times, 3 times per day.