



# ORTHOPAEDIC ASSOCIATES

*of Wisconsin*

There is a Difference.

**Christopher M. Kilian, M.D.**

## **ELBOW SURGERY DISCHARGE INSTRUCTIONS**

- PAIN:** You will be given a prescription for pain medicine and a muscle relaxant if appropriate. Have these filled at your local pharmacy or where your insurance plan has made arrangements. Take these medications as prescribed. Do not combine the medications that we prescribe with any other pain medications or muscle relaxants. Do not drive while taking the pain medications. Do not drink alcoholic beverages while taking pain medication. Pain medication can sometimes cause constipation. We recommend over-the-counter medications from your nearest pharmacy to treat constipation.
- NAUSEA:** It is not unexpected to have nausea and sometimes vomiting as a side effect of anesthesia. You will be given a prescription to help the nausea. Take the anti-nausea medicine as prescribed if needed. Slowly resume your regular diet as tolerated.
- ACTIVITY:** You may bend and straighten your fingers to prevent stiffness. Do not carry anything with your operated arm. Do not use your arm to push yourself up from a chair. Do not lean on your elbow. Keep the splint clean and dry at all times. Do not put anything in the splint.
- SLING:** A sling is necessary to support the arm, but it is okay to remove the sling at home and move the shoulder to prevent the shoulder from getting stiff.
- WOUNDS:** Keep your surgical dressing and/or splint clean and dry at all times. Your surgical dressing and/or splint will be removed in the clinic at your follow-up appointment.
- BATHING:** It is safe to take a shower 3 days after surgery, but the surgical dressing/splint must be completely sealed with plastic bags to prevent it from getting wet.
- PRECAUTIONS:** If you have a temperature greater than 101.5 degrees, severe pain, or redness in your elbow, please contact the office.

FOLLOW-UP: If you do not have a **postoperative appointment** scheduled, call (262) 303-5144 to make an appointment for 2 weeks after your surgery date. You will receive a prescription for physical therapy, if it has not already been scheduled.