



DAY OF SURGERY:

1. A sling will be placed on your arm in the operating room. You may remove it at home and straighten your arm but you must wear it in public places.
2. A Cryo/Cuff or an ice pack will be placed on your elbow in the recovery room. Keep this on continuously for the first night and keep it cold. It will help minimize the swelling and any pain you may have following surgery.
3. Rest with a pillow under your elbow.
4. Enclosed are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day **with breakfast and dinner**, for the first 10 days after surgery. Vicodin or Dilaudid, narcotics, are to be used on an **as needed** basis for pain in addition to the Naprosyn.

DAY #1:

1. You may remove the bandage and apply Band-Aids to the wound.
2. Use the Cryo/Cuff or ice as often as possible for the first 3 days and then as needed for comfort and pain control.
3. Remove the sling and bend and straighten the arm slowly to keep your elbow getting swollen.
4. Avoid lifting heavy items with your affected arm until you are seen by the office for suture removal.
5. Call the office for your postoperative appointment 7-10 days.

DAY #2 AND UNTIL POSTOPERATIVE VISIT:

1. You may shower on postoperative day #2. Keep the incision dry by wrapping plastic wrap around your elbow or you may use waterproof Band-Aids. You must keep the wounds dry but if they do get wet, pat dry and apply fresh Band-Aids.
2. Apply the Cryo/Cuff or ice as needed.
3. Continue to bend and straighten the arm frequently.
4. Use the sling when in public and for comfort.
5. If you develop a fever (101.5° F) or see redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the narcotics postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.