

DAY OF SURGERY:

1. A sling will be placed on your arm in the recovery room. You should wear it in public places for 1 week.
2. If a Cryo/Cuff has been provided, keep this on continuously for the first 24 hours as it will help reduce the pain and swelling. If you do not have a Cryo/Cuff then use ice.
3. Rest with a pillow under your elbow until the anesthesia has worn off.
4. Take the pain medication and anti-inflammatory medication as prescribed.

DAY 1:

1. Remove the ACE bandage, fluffy wrap, and gauze pads, but **DO NOT** remove the white tapes over the wound.
2. You may shower by wrapping plastic wrap around the elbow or you may use waterproof Band-Aids. You must keep the wound dry until the sutures are removed.
3. Use the Cryo/Cuff or ice packs 3-4 times per day for comfort and pain control. If you begin having numbness and tingling in your fingers or hand from the cold, remove the cold device and allow the elbow to warm up. This temporary numbness will not hurt you; once you warm up, you should continue using the cold device.
4. Begin doing the exercises as indicated on the following page. Do not lift any heavy items, shake hands, or push open doors.
5. Call the office to arrange a postoperative visit for suture removal.

DAY 2 and UNTIL POSTOPERATIVE VISIT:

1. Apply the Cryo/Cuff or ice as needed.
2. Continue to do the exercises.

MISCELLANEOUS INFORMATION:

1. **IF YOUR HAND BECOMES VERY COLD OR BLUE, REMOVE THE ACE BANDAGE AND FLUFFY WRAP AND RE-APPLY LOOSELY. IF THIS DOES NOT IMPROVE, CALL THE OFFICE AND ASK TO SPEAK WITH DR. HENSHAW.**
2. Your fingers may be swollen and stiff the morning after surgery. This is normal. This will improve after you have removed the bandages and when you begin moving your hand and fingers.
3. You may experience numbness and tingling in your fingers on the first postoperative day. This should resolve during the day after you remove the bandages. **IF IT DOES NOT DIMINISH IN 36 HOURS, CONTACT THE OFFICE.**