



SAN DIEGO

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HANDSPECIALISTS

CARE OF THE HAND & UPPER EXTREMITY

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Post-Operative Instructions for Elbow Surgery

1. If you have general anesthesia, do not drive a car, operate machinery or sign any legal documents for 24 hours following your surgery. In addition, have a responsible person available for you at home to give any assistance you may need.
2. After your procedure, you may eat and drink as usual. You may wish to begin with liquids and gradually advance to your normal diet.
3. Unless otherwise instructed, keep your dressing on until your first post-operative visit with your surgeon. You may carefully wash with a warm cloth up to and around the dressing area. Do not get the dressing wet.
4. If you had an *elbow arthroscopy or open surgery*, you should have received information after surgery about moving your elbow. If you did not, please call the office prior to removing the sling/splint and moving your arm.
5. You may use an ice pack on your elbow over the outside of the dressing to assist with post-operative discomfort.
6. Keep your scheduled appointment in the office (usually about 1 week following your operation). We will change your dressing on your first office visit.
7. Please take all prescriptions as directed and call your surgeon immediately if you have chills, fever, excessive bleeding or pain unrelieved by the medication you were given. Also, do not drive if you are taking pain medications.

If you have any concerns, please call our office at 858-715-9200