Post Operative Instructions for Elbow Arthrotomy & LCL

1. Apply ice packs to your elbow for at least 48 hours after surgery. Ice for 20 minutes on, 20 minutes off.

2. You may use your hand gently and move your fingers, opening and closing your hand. Shooting pains, numbness and tingling are common after surgery.

3. You were provided a sling for comfort after surgery due to the nerve block. **The sling is not required.**

4. Keep your dressing clean and dry. **Do not remove your dressing**. Cover it for showering. If the dressing feels too tight, you may loosen the ace bandage.

5. Your dressing will be removed as well as your stitches at your post op appointment.

6. Swelling, stiffness and discoloration are common during the recovery period.

To self- manage, try these:

a. Keep your shoulder moving by raising your arm over your head.

b. Bend and straighten your elbow.

c. Gently touch your fingers to your dressing and then full straighten.

d. Keep hand elevated during the day to control swelling

7. If you need a refill on your medication or have any other concerns, **please call 850-315-9241**. Do not wait until you are out of medication to call for a refill. Allow 72 hours.