**You are recovering from elbow surgery. The following information is to help make your recovery as smooth and rapid as possible.**

* Keep your elbow elevated as much as possible for the next few days. Use your sling as needed for comfort.
* Keep your dressing on for the first three days after surgery; after that you may change the dressing if you wish. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. Keep the wounds dry until your first visit after surgery. Keep a bandage on your incision sites until seen in follow-up.
* Post-operative bleeding is not unusual. Reinforce dressing as needed.   
  If you have concerns about the amount of bleeding, please call.
* Use cold therapy unit on your elbow for the first 48 hours post-op. Suggested icing is 20 minutes on followed by 20 minutes off to avoid complications. Use it thereafter for symptomatic relief.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
* Post-operative pain is common but should be controlled by the prescriptions given to you.
* You will be seen in follow-up within a week. Please call our office listed below if you have any questions or concerns.