* Keep your elbow elevated as much as possible
* Use your brace as directed and your sling as needed for comfort
* Remember that the surgery will cause your arm and thigh muscles to be weak, so take your time and be safe.
* If you chose to shower, wrap your extremity and/or bandage to keep it dry
* If necessary, the bandages may be removed and the wounds covered with clean dressings after three (3) days
* Some seeping through your dressing is not unusual. You may reinforce your dressing but call us if you have concerns
* Use your cold therapy unit (if you have one) or apply an ice bag to reduce your discomfort. Suggested icing is 20 minutes on followed by 20 minutes off to avoid complications.
* 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 concerns.