

Elbow Arthroscopy

Home Care Instructions

- Sling or Immobilizer** If you are given one of these after surgery, continue to use it at home until your next visit. Sling/Immobilizer can be removed for daily personal hygiene.
- Diet** Eat a light diet the evening of surgery and the next day, but you may slowly resume eating a regular diet as soon as you can tolerate it.
- Activity** No strenuous activities until surgically cleared.
- Pain Medication** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use an over-the-counter medicine if you choose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate.
****If your procedure included a PRP injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin. ****
- Showering** The second morning following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the doctor clears you to do so.
- Wound Care** Arthroscopy wounds are small and are usually closed with steri-strips and a stitch. The portals continue to drain or leak after you have returned home. Don't become alarmed unless you consider the volume or color of the drainage to be excessive. Every day you should clean the wounds with alcohol and apply a band-aid to each wound. Apply the sticky part of the band-aid away from the steri-strip. If you have a larger incision, you will need to keep it away from water until the stitches or staples have been removed. You may use an ACE bandage for support if desired.
- Ice** Ice is an excellent source of relief of pain, swelling, stiffness, and inflammation. Use it as often as 15-20 minutes three times a day. You may continue to use ice several weeks following surgery. **DO NOT USE HEAT!**
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs.****