



Dr. Yildirim's Post-Operative Instructions – Elbow Surgery

Dressing/Splint

You have a splint on your elbow. Do not remove the splint until your follow up. Keep the sling on while up and about. You may come out of the sling for showers and when sitting/resting and keep it propped up on pillows. Start moving your fingers right after surgery (open and close your hand 10/hour). Do not lift/push/pull > 2 lbs. with your operative extremity until follow up.

Showering

You may shower as soon as you want after surgery. Cover the splint with a bag to not get it wet. If your splint gets wet, contact our office immediately to arrange to be seen.

Ice & Elevate

The use of ice on your elbow after surgery will help with both pain control and swelling. Icing over a splint will still help, but be careful to not get the splint wet. Elevate your elbow above heart level as much as possible. Icing and elevation in the first two weeks will keep swelling to a minimum and prevent throbbing and pain.

Pain Medication

If you received a regional anesthetic block your arm and hand may be numb for several hours (6-24 hours). You will also be discharged with oral pain medications. Rest, ice, and elevation are still one of the most important factors for pain control.

Usual pain medications prescribed:

Methylprednisolone (Medrol): Taper dosage. 6-day course. Take as instructed, even if the pain is minimal, starting the night of surgery. Starts with 6 tablets the first day, then taper by 1 tablet each day (i.e. 5 tablets on day two, 4 tablets on day three, etc.).

Meloxicam (Mobic): 14-day course. Take one tablet a day with food starting the night of surgery. Continue taking the full 14-day course even if the pain is minimal.

Opioid medications (Tramadol, Norco, Oxycodone, etc.): Only take IF NEEDED.

The most severe pain occurs right after the block wears off. If you are not having pain but feel the arm and hand "waking up", take your pain medication so that it will be working when needed.

Pain medication may cause some lethargy, nausea, or constipation. If these symptoms become significantly problematic, please contact our office and discontinue the medication. Avoid alcohol while taking pain medication.



Diet

Gradually resume your normal diet. The night of your surgery, begin with liquids and/or light foods. If you are feeling well enough in the morning progress to your normal eating patterns. Eating a well-balanced diet with plenty of fruits and vegetables and drinking plenty of fluids helps alleviate and constipation resulting from pain medication.

Smoking and smokeless tobacco

Tobacco and nicotine use is known to interfere with wound and fracture healing, increase your risk of infection, and increase your pain. Do not smoke postoperatively.

Driving

It is not advisable to drive a vehicle while you are on **narcotic pain** medication due to the possible side effects. However, once you are off pain medication and you feel that you are able to safely control the vehicle, you may drive.

Warning Signs

A low-grade temperature (99-101) is common after surgery. If your temperature is consistently elevated over 101.5 degrees, your splint/dressing becomes saturated, or if you are having increased pain unrelieved by rest or medication, please notify our office.

Appointments

Your follow-up appointment is scheduled on: _____

If you do not already have an appointment scheduled within two weeks of your surgery, please contact our office at 703-435-6604.

To reach Dr. Yildirim's team, call 703-239-7759 or email
YildirimMA@towncenterortho.com

Do not hesitate to call/email with any questions or concerns.