



Duke Orthopaedics: Upper Extremity Division

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Discharge Instructions after Arthroscopic Elbow Surgery

- ☐ A sling has been provided for you. You may remove the sling after 72 hours. The sling may be worn for your protection (crowded public areas, etc.).
- ☐ Use ice on the elbow intermittently over the first 48 hours after surgery.
- ☐ Pain medicine has been prescribed for you.
- ☐ Use your medicine liberally over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- ☐ You may remove your dressing after two days. If the incision sites are still moist, place a Band-Aid over the moist site(s). Change Band-Aids daily until dry.
- ☐ You may shower 5 days after surgery. The incisions CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.
- ☐ You may move your elbow and use your hand for light activities of daily living. You should not do any heavy lifting or repetitive activities.
- ☐ To prevent hand swelling: Move your fingers, squeeze crumpled magazine pages, keep your hand elevated above your elbow, and keep your elbow above your heart
- ☐ You may receive Indocin (Indomethacin) to take after surgery. If so, take as per the prescription. You MUST take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. Otherwise, continue to take it regardless of how your elbow feels. **While taking Indocin DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Narprosyn.**

If you have any problems:

- ☐ During business hours call the office: 919-681-9797
- ☐ After hours call and ask for the orthopaedic resident on call: 919-684-8111

Concerning findings:

- ☐ Excessive redness of the incisions
- ☐ Drainage for more than 4 days after surgery
- ☐ Fever of more than 101.5° F

Please call (919) 403 3057 to make a follow-up appointment. You should see the doctor 10-14 days after your surgery.

