



## **Duke Orthopaedics: Upper Extremity Division**

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### **Discharge Instructions after Total Elbow Arthroplasty**

- A sling may be provided for you. You may use the sling for your protection in a crowded area.
- Pain medicine has been prescribed for you.
- Use your medicine liberally over the first few days, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- Leave any splint/dressing in place until your follow-up appointment.
- The splint/dressing CANNOT get wet.
- 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
- Take one aspirin 325mg a day for 2 weeks after surgery, unless you have an aspirin sensitivity/ allergy or asthma.
- You will be taught gentle stretching exercises. Perform these exercises 3-5 times daily.
- You are not permitted any repetitive lifting over 5lbs and no weight bearing or pushing off with the operative arm.

If you have any problems:

- During business hours call the office: 919-403 -3057
- 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