

## **Post-Operative Instructions**

### **Elbow Arthroscopy**

#### **Day of Surgery**

- A. Relax. Diet as tolerated.
- B. Ice pack to elbow every one to two hours while awake for twenty minutes.
- C. Pain medication as needed every four hours.
- D. Make sure you have a physical therapy post---op appointment set up for the first week after surgery.

#### **First Post---Operative Day**

- A. Continue ice pack every one to two hours while awake and pain meds as needed.
- B. You will need to keep your incision dry when taking a shower. Do this for about three to four days after surgery.

#### **Second Post---Operative Day Until Return Visit**

- A. Continue ice pack as needed.

#### **Third Post---Operative Day Until Return Visit**

- A. Continue ice pack as needed.
- B. You may remove surgical bandage and shower this evening. Apply bandaids to wounds prior to showering and change bandaids after shower.

***Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery, which includes operating machinery and or driving a vehicle.***

**Call our office @ 646---501---7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1---2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at [www.newyorkortho.com](http://www.newyorkortho.com).**