

Post-Operative Instructions **Open Elbow Surgery**

First Post-Operative Day

- A. Continue ice pack every one to two hours while awake for at least twenty minutes or Cryocuff/gameready. Ice brace as per instructions.
- B. Pain medication as needed every four hours.
- C. ***Antibiotics for 4 days.***

Second Post-Operative Day

- A. Continue ice pack every one to two hours while awake and pain meds as needed.
- B. Keep Splint intact and dry. Do not change dressing.

Suture Removal

- A. Staples will be removed 10-14 days after surgery.

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 @ 646-5017223 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.