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### POST- OPERATIVE INSTRUCTIONS - ELBOW MCL or LCL RECONSTRUCTION

#### **WOUND CARE**

- A plaster splint will be placed on your arm after surgery. You will not be able to bend or straighten your arm. However, gently make a loose fist and spread your fingers apart to keep the circulation moving in your arm.
- DO NOT REMOVE THE SPLINT, DO NOT REMOVE THE DRESSING.**
- Use the Cryocuff or Ice as often as possible for the first 7 days, then as needed for pain relief.
- A sling will be placed on your arm in the recovery room.
- Rest with a pillow under your elbow.
- Your fingers may become swollen. Moving them frequently will help minimize this.
- You may notice **SLIGHT** numbness / tingling in your fingers. This is normal for the first 12-24 hours. If this persists, please contact the office. You may be directed to loosen the Ace bandage on your arm.
- You may shower on Post-Op Day #3. Please cover your arm and the splint with plastic wrap and secure it around your upper arm with tape. Gently pat the area dry. Do not get the splint wet – it will disintegrate. Do not soak the elbow in water. Do not go swimming in the pool or ocean until your sutures are removed.

#### **EXERCISES**

- Avoid lifting heavy items with your operated arm.
- Please perform these exercises:
  - Pendulums
  - Scapular strengthening
  - Hand / Wrist - Range of Motion Exercises
  - Grip Strengthening

#### **POST-OP**

- You will be given two prescriptions for pain relief for you to use post-operatively:
  - An anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
  - VICODIN or PERCOCET or OXYCODONE, a strong narcotic, to be used only on an “as needed” basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

#### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**