



## Xinning Li, M.D.



Assistant Professor  
Sports Medicine and Shoulder Surgery  
Boston University School of Medicine – Boston Medical Center  
Boston University Athletics – Team Physician  
725 Albany Street – 4<sup>th</sup> Floor  
Boston, MA 02118  
(617) 638-5633 (Telephone – Shapiro Office)  
(617) 638-3400 (Telephone – Ryan Center)  
(617) 414-5226 (Fax)

### POST- OPERATIVE INSTRUCTIONS - ELBOW SURGERY

#### WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- KEEP THE INCISION CLEAN AND DRY.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- Use the Cryocuff or Ice as often as possible for the first 3-4 days, then as needed for pain relief.
- A sling will be placed on your arm in the recovery room. You may remove it when at home and straighten your arm, but you must wear it in public places.
- Rest with a pillow under your elbow.
- You may shower on Post-Op Day #3. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering. Gently pat the area dry. 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 until seen in the office for suture removal.
- Please perform these exercises:
  - Gentle Elbow Flexion / Extension (gentle bending and straightening)
  - 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.**