

Elbow Arthroscopy

Dr. McCormick

What to Expect After Elbow Arthroscopy

Activity Restrictions

return to activity as your elbow allows

wear the sling for comfort only, you may remove it when you feel ready

You may drive when you are out of the sling. You must be able to respond to unexpected situations and react quickly so try it out in an empty parking lot if unsure.

Surgical site care

keep your initial dressing dry

it is normal to notice some drainage/discoloration of the dressing

remove dressing after 3 days and apply supplied island dressings, do not remove tapes

you may shower with the island dressings on but do not scrub the area

Pain management

RICE

Rest

your elbow is recovering from surgery and this takes time; too much activity too early can increase swelling and slow recovery

Ice

30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

Compression

the ACE bandage is designed to provide some compression to reduce swelling re-wrap if it feels too tight or too loose

Elevation

elevate your elbow to the level of your heart to allow swelling fluid to drain

Take pain medications as prescribed.

If you have a reaction to the medications then call the office at 715-858-4650

pain medicine may cause constipation; use stool softeners or laxatives as needed

Follow-up clinic visit

usually at 1 week after surgery

we will check your surgical site, review arthroscopic pictures and answer any questions you may have

When to call the office:

reactions to medications

dressing discoloration spot greater than 4"

calf swelling/pain or new onset shortness of breath

suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

www.mccormickortho.com for more information more educational videos and postoperative protocols