

Elbow Arthroscopy

Dr. McCormick

What to Expect After Elbow Arthroscopy

Restrictions

- return to activity as your elbow allows
- the sling is 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 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

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