

Postoperative Instructions: Elbow Triceps Repair

When You Get Home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Use Ice as much as possible: It may not fully cool the elbow below the splint, but it is still beneficial.

20 minutes on/20 minutes off for regular ice packs/frozen peas

If you are using a cold therapy machine, use it according to the manufacturer's instructions.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin, Percocet, Ultram, Codeine) help with pain, but can cause:

Drowsiness:

Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset:

Take with food, or try over the counter Zantac or Tums.

Constipation:

Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

Dressing and Wound Care:

You will be in a sling and brace after surgery. Keep the postoperative dressing clean and dry.

You may change your dressing two days after surgery.

Place new gauze dressings and re-wrap the cotton dressing (not too tight),

Then put on your brace and sling again.

You may shower two days after surgery.

Use a shower chair or plastic shower chair to sit on in the shower.

Activities and Restrictions:

You will be in a brace and sling for 3 weeks after surgery.

At your first postop visit we will remove your suture.

You'll be getting around your house well within a few days.

Resume light activities (walking, etc.) after a few days.

Driving: Only after you are SAFE, which means:

Off pain medications, and able to control a vehicle safely

It can be difficult to control a car with one arm in a sling or splint.

Exercises:

Begin wrist and hand exercise immediately.

Move your thumb and fingers around many times during the day

Physical therapy will give you gentle exercises starting a three weeks after surgery.

Problems or Questions? Call us at 925-600-7020

Feel free to call us if you have any concerns, or for:

Unrelenting pain, or increasing swelling or numbness or high fevers (over 101.5)

Any abnormality around your incision- redness, drainage, warmth.

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath