



Benjamin Sears, MD

Discharge Instructions after Arthroscopic Elbow Surgery

- Use ice on the elbow intermittently over the first 5 days after surgery.
- Pain medicine has been prescribed for you. Use your medicine liberally over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- After 5 days, you may remove the dressing. You will likely have small, white stickers called steri strips on the incisions that should stay on until they start to peel off on their own (usually in 2 weeks from surgery). Simply allow the water to wash over the steri strips and then pat dry, they can get wet. Make sure your axilla (armpit) is completely dry after showering. If the incision sites are still moist after dressing removal, place a Band-Aid over the moist site(s). Change Band-Aids daily until dry.
- You should not drive while taking narcotic medications or while wearing/requiring a sling.
- Take one aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/ allergy or asthma.
- You may receive Indocin (Indomethacin) to take after surgery. If so, take as per the prescription. You **MUST** take this medication on a full stomach. If you begin to experience stomach pain, discontinue the Indocin. Otherwise, continue to take it regardless of how your elbow feels. **While taking Indocin DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Narprosyn.**

Please call (303) 321-1333 for any problems, including the following:

- excessive redness of the incisions
- drainage for more than 4 days
- fever greater than 101.5 F

Please call (303) 321-1333 to make a follow-up appointment if one has not already been made.