



Benjamin Sears, MD

Discharge Instructions after Open Elbow Surgery

- A sling may be provided for you. If so, remain in your sling at all times. This includes sleeping in the sling.
- 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.
- Leave the dressing in place until your follow-up appointment unless otherwise instructed.
- You may shower after surgery. The dressing **CANNOT** get wet during your shower. Wrap the dressing with a dry towel and place your arm in a large trash bag.
- 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.