



SETH CRINER

ORTHOPEDIC SURGERY

820 S. Akers, Suite 220 Visalia, CA 93277

Office Number: 559-733-3346

Elbow Open Surgery Post-op Instructions

Wound Care/ Bathing:

- Keep the bandage/splint on until your follow-up appointment.
- You may shower/bath starting the day after surgery if you keep the bandage dry.
- NO SOAKING IN A POOL OR TUB for 3 weeks.

Pain Control:

- Pain medication should have been called in the day of your pre-op visit.
- Take pain medication as directed by the pharmacist when you pick up your prescription.
- Take an anti-inflammatory like the Meloxicam if we called that in, or else over-the-counter Advil, Aleve, etc for the first 2-4 wks to help with the pain and swelling. You can stop if you have no pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard when the numbing medication used during your surgery wears off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Elevate your elbow above your heart as much as possible (easier to do if you're laying down) and ice 3-4 times daily for 20 min to minimize swelling and pain

Activity:

- You may use your hand for basic activities like writing as pain tolerates.
- Try to move your fingers and wrist (if not splinted) frequently to prevent stiffness.
- Do not do any heavy lifting or grabbing at least until your first follow-up appointment.
- Do not return to work until you can do so safely.
- Do not drive if you're taking narcotic pain medication.

Physical Therapy:

- You may have been given therapy prescription at your pre-op visit, if not, but you feel like you should have been, call the office and request we fax one and give you the phone number
- Call and generally your first appointment should be scheduled for 4 to 9 days following your surgery.
- Review the therapy protocol so you have an idea of the timeline of what you'll be doing.

Follow-up Appointments:

- Your 10-14 day post-op appointment should have been made at your pre-op visit, but if not call 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

Questions:

- Call 559-733-3346 and ask for Jules during the day.

Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Criner, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Criner's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.