



820 S. Akers, Suite 220 Visalia, CA 93277
Office Number: 559-733-3346

Elbow Fracture Surgery Post-op Instructions:

Wound Care/Bathing:

- Please leave the bandage and splint in place, and keep it dry until your first post-op appointment.
- You may shower/bathe, but keep the splint dry and intact.
- **NO SOAKING IN A POOL OR TUB FOR THREE WEEKS OR UNTIL CLEARED BY DR. CRINER.**

Pain Control:

- Pain medication will be called into your pharmacy of choice, the day of your pre-op.
- Please pick up your medication from the pharmacy, and take as prescribed after surgery. The only exception is: it is a good idea to take the narcotics around the clock for the first 24 hours after surgery to prevent yourself from being caught off guard when the numbing medication wears off that was used during surgery.
- You can take over-the-counter Tylenol for mild/moderate pain.
- Ice the elbow for 10-15 minutes, every hour, as needed for swelling.
- Elevate your arm, with your elbow higher than your heart, as much as possible to help with pain and swelling.
- We CAN NOT prescribe anything stronger than what you are prescribed initially.

*Keep in mind surgery recovery is uncomfortable and it is common to be in pain during your recovery. Please see the recommendations above to help with pain relief. *

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 post-op appointment.
- Do not return to work until instructed to do so, safely.

- It is safest not to drive until your first post-op appointment.

Physical Therapy:

- You will be given a prescription for physical therapy at your first post-op appointment.
- Call and schedule your physical therapy evaluation after your first post-op appointment with Dr. Criner.

Follow up appointments:

- Your first post-op appointment will be scheduled at your pre-op visit, but if not, please call 559-733-3346 and speak to Charlotte.

Questions:

- Call 559-733-3346 and ask for Dr. Criner's staff during normal business hours.

Emergencies:

- **If you have emergent questions or concerns that cannot wait until the day, you may dial 559-733-3346; you will get the orthopedic surgeon who is on-call. If it is not Dr. Criner, the surgeon that answers your call will not know who you are, so please be sure to clarify that you are one of Dr. Criner's patients, the surgery that you had, and the date that 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 will have to go to the emergency room.**