



Meagan McCarthy, MD

General Elbow Postoperative Instructions

MEDICATIONS: You will be given three prescription medications. One medication is to help reduce pain, one is to control inflammation, and one is to help with nausea. The pain medication is a narcotic and should be taken if only if necessary. Tylenol may be used instead of the narcotic pain medication if you are having mild pain.

DRESSING: Leave the splint on for 1-2 weeks as directed by Dr. McCarthy. Do NOT remove and do NOT get splint wet.

SHOWERING: You may shower/bathe but keep splint dry.

ELEVATE: You should elevate your arm on 2-3 pillows as much as possible to keep swelling down

ACTIVITIES: Rest your elbow while in the splint. Keep arm in sling as directed by your doctor. Please refer to the handout regarding post-operative rehabilitation protocol for more detailed activity recommendations.

**** If you experience severe pain that is not relieved by the pain medication, please let us know.*

If you experience a temperature over 101.5°, redness or swelling in your thigh or calf, please contact our office immediately at 775-786-3040, or if after hours, call and ask for the Orthopaedic Surgeon on-call.