



Renny Uppal, MD

General Elbow Postoperative Instructions

MEDICATIONS: You will usually be given two prescription medications. One medication is to help reduce pain and the other one is to help with nausea. The pain medication is a narcotic and should be taken if only if necessary. I also recommend taking an anti-inflammatory medication like ibuprofen or naproxen for a few days to a week. Tylenol may be used instead of the narcotic pain medication if you are having mild pain.

DRESSING: If you have a splint, leave it on until your first post-op appointment. 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 your arm in sling as directed by your doctor. You are encouraged to move your wrist and fingers as tolerated.

**** 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 ^oF, 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.