



Michael S. Day, MD, MPhil

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

POST-OPERATIVE INSTRUCTIONS

Elbow Ulnar Collateral Ligament Reconstruction

Activity

- Rest the first few days following surgery. When sitting or lying down be sure to keep your arm elevated above the level of your heart to help decrease swelling.
- **Ice** can be used as much as possible for the first 3-4 weeks to help decrease swelling. Ice should be used frequently for 20 minutes at a time.
- Wiggle your fingers regularly. Open and close your fist to maintain flexibility and motion. You may use your opposite hand to assist in these exercises.
- Please avoid high force/resistance grasping using your operative hand. Avoid lifting objects heavier than one pound for one month following surgery.
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Montgomery.

Dressings

- A large bulky splint has been placed on your elbow/wrist and is designed to feel “snug”.
- This splint is to be left in place for the first 7-10 days and will be changed at your first post-operative visit
- The post-operative sling that you were given at the time of surgery is to be used for comfort and does not have to be worn at all times.
- Keep your dressing clean and dry until your first follow-up visit. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry. **DO NOT SOAK** your knee in a bath tub.

Medication

- You have been prescribed the following **pain medications**:
 - Oxycodone – Please take 1 tabs every 4-6 hours as needed for pain.
 - Ultram – Please take 1 tab every 6 hours as needed for breakthrough pain.

- Excessive use of pain medication can lead to an increased incidence of side effects and long term dependency issues. Please take the pain medication as directed and understand that the medications are meant to minimize pain in the initial post-operative phase but may not relieve pain completely.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

Physical Therapy

- You will receive your physical therapy prescription at your first post-operative visit.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment 10-14 days after your surgery.
- You will be seen by Dr. Montgomery or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.