

# Postoperative instructions

## Elbow surgery (olecranon)

Please follow your surgeon's instructions if they differ from the following statements.

### Your return home

#### If you have a dressing:

- Remove your primary dressing in 5 days.
- Remove the little white dressings (Steri-Strips™) in 7 days.
- Put an ice pack over the wound site for a maximum of 20 minutes per hour.
- Showering is permitted once you take off your primary dressing.
- No baths or pools are permitted for ten days.



#### If you have a cast:

- The cast will be in place for about two weeks, and will be removed by the surgeon at your next appointment.

#### Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

### Physical activities

- No driving until your next post-operative visit.
- Keep your arm elevated as much as possible.
- No arm movements except for the exercises given to you by the physiotherapist.
- No sports permitted until you see your surgeon for your post-op visit.
- Wear your sling for the first 48 hours, until motor and sensory function returns.

### Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™ if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

**Call your doctor or, whenever possible, go to Hôpital Montfort. Otherwise, visit your nearest Emergency Department if you have:**

- redness, swelling, numbness and tingling of the affected limb;
- hardening or discharge (other than blood) of the incision;
- vomiting;
- pain and heat from your calves;
- fever and chills;
- increase in pain;
- sudden shortness of breath.

**Note: It is common for individuals who menstruate to experience an irregular menstrual cycle in the weeks following general anaesthesia**

### Questions after your surgery? Please contact the Orthopedic Clinic.

1st level, C wing, room 181  
Telephone: 613-746-4621 ext. 4304

### Make an appointment 2 to 3 weeks after your surgery:

Telephone: 613-746-4621 ext. 273

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