

Post-Operative Instructions

Wound Care/Sling

Use the sling provided. Wear your sling 24 hours a day until your first appt, even while sleeping. Your elbow will be in a splint after you procedure. **Do not remove this splint.**

Showering

Cover the splint with plastic wrap or additional measures to avoid getting the splint wet in the shower. If your splint should become wet, come into the office as soon as possible so we can replace your splint.

Activity

Avoid leaning on the arm and do not lift any weight with the involved arm. You should not drive until seen by your physician.

Medications

Take the pain medication as prescribed. In most cases, you will be prescribed an **anti-inflammatory** medication such as **TORADOL (ketorolac)** and a **narcotic** pain medication such as **OXYCODONE**. You should take both medications as prescribed. A nerve block is used during surgery which may last up to 24 hours. However, it is important to still **take your pain medication to stay ahead of the pain.** You should start your pain medications when you get home. After the Toradol is finished, you can supplement the narcotic medications with **200 mg or 400 mg of ibuprofen every 4-6 hours with food.** You can **alternate the ibuprofen with Tylenol 500mg one to two tablets every 6 hours as needed.** Do not exceed more than 4000mg of Tylenol in 24 hours. You should resume your normal medications for other conditions the day after your surgery as instructed by your PCP or specialists.

Side effects of narcotic pain medications include nausea, drowsiness, and constipation. To decrease these potential side effects, take your medications with food. You may want to consider taking Colace to prevent constipation. We also prescribe you an **anti-nausea** medication, either **ONDANSETRON** or **PROMETHAZINE**. You should take this as prescribed.



Lee A. Kaback, M.D

Laura Piazza, PA-C

Hours: 8:00am-4:30pm

After Hours Assistance: (518) 489-2663

www.kabackshoulder.com

General Information

If at any time there are any concerns (**increased swelling, redness, warmth, fever, chills, inability to move fingers/hand, loss of sensation of fingers/hand, or severe pain unrelieved by prescribed medications**) or if you have any questions contact the office at **518-489-2663**.

Eating

The anesthetic drugs used during your surgery may cause nausea for the first 24-48 hours. If you become nauseous, eat and drink only clear liquids (Sprite, Selzer, jello, clear soup broth). The only solids should be crackers or toast. You may progress to your normal diet if you are not nauseated. You should have something to eat before taking your pain meds. As mentioned above, we also provide you with anti-nausea medication that you should take as prescribed.

Post Op Appointments

Your first post-op appointment should be 7-10 days after surgery. This has already been scheduled for you. Your splint will be removed at this appointment. We look forward to seeing you!