DR. PORT’S IMPORTANT REMINDERS REGARDING YOUR ELBOW SURGERY

Your surgery facility will call you the day before surgery to let you know what time you are to arrive. Please be sure to bring your surgery folder and sling with you. Please discontinue any vitamins, minerals, or herbs 10 days prior to surgery. If you have a question regarding taking a medication the night before or morning of surgery, please contact your surgical facility for instructions.

You will be given several medications to use after surgery. You will be provided with an antibiotic, nausea control medication, and something for pain control. If you are over the age of 40, you will be provided with a script for 81 mg aspirin to be taken twice a day for 4 weeks following surgery. The aspirin is used to prevent blood clots.

The anesthesiologist may offer you a scalene nerve block at the time of surgery which can alleviate your pain for up to 18 hours following surgery. The purpose of the block is to help lessen the effects of general anesthesia with respect to postoperative nausea, control blood pressure, and pain control.

If you experience weakness, dizziness, shortness of breath, calf, chest, rib, or back pain, an elevated temperature, or any other medical problems, please call the office immediately.

It is important to control post-op operative swelling in your hand, be sure to actively open and close your hand to keep your fingers moving. If your hand is hanging down in your sling, it is more likely to become swollen, so be mindful of your hand positioning.

Please leave your dressing on your incision until your post-op appointment. You may not get the incision site wet. You may be placed in a splint after surgery, and it is important to keep this on until your post-op appointment. If needed, you can adjust the ACE wraps securing the splint if they are too loose/tight, but do not remove the splint. Some elbow surgeries require a post-op hinged elbow brace, which will be provided to you at your initial post-op appointment.

Please call the office if you have any questions or concerns before/after surgery.