

# What to Expect After Surgery



## UPPER EXTREMITY SPLINT/Hinged Elbow Brace (UCL RECONSTRUCTION, FRACTURE CARE and BICEP REPAIR)

### Post-Operative Care

- You will be in a splint/brace for 7-14 days after surgery – this should stay on at all times.
  - 7 for UCL; 14 for distal bicep repair
- The splint will be removed at your first post-op visit and you will be transitioned to a post-op brace, cast or new splint
- Ice the area several times per day for 30 minutes at a time over the dressings
- You should be able to return to work/school as soon as you feel comfortable, likely 2-5 days.
- Upper body - You may wear a sling for comfort, but can discontinue as tolerated.
- Lower body – use crutches as instructed
- Keep the splint/dressings clean and dry at all times.

### Pain Control

- Ice will help control swelling and pain
- We recommend you take the pain medication as prescribed for the first 24-48 hours, then decrease as tolerated.
- Even with pain medication, some discomfort or pain is normal, however if you are experiencing a significant increase in pain after 24 hours, please notify our office at (828)258-8800 ext 3700.
- You should receive a prescription for pain medicine and anti-nausea medication before leaving the hospital

### Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery and will not need an oral antibiotic
- It is normal to have swelling, discomfort, and a low grade fever (<100 degrees).
- Notify our office if you have marked and sudden increase in pain after 24 hours or persistent fever >100 degrees
- Do not remove the splint or dressings. These will be removed at your post-operative visit.

### Physical Therapy

- Physical therapy will begin after your post-operative recheck at 2 weeks.

### Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely maneuver the car without putting yourself or others at risk.**
- You will receive a black post-op folder before leaving the hospital with your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc

**If you have any questions or concerns, please contact EmergeOrtho at 828 258 8800 ext 3700**