



Shoulder and Elbow Service

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www.clevelandshoulderelbow.com

Discharge Instructions after Total Elbow Arthroplasty

- A sling may be provided for you. You may use the sling for your protection in a crowded area.
- A splint may also be on your arm, do not remove it or get it wet
- Use Ice intermittently over the first 2 weeks after surgery
- Pain medicine has been prescribed for you.
- Use your medicine liberally over the first few days, and then you can begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- Leave the dressing in place until your follow-up appointment
- You may shower after surgery. The dressing CANNOT get wet during your shower. Wrap the dressing with a dry towel and place your arm in a large trash bag.
- Take one aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/ allergy or asthma.
- You are not permitted any repetitive lifting over 5lbs and no weight bearing with the operative arm.

Please call 216-844-0209 for any problems.

Including the following:

- excessive redness of the Incisions
- drainage from wound after discharge from hospital
- fever of more than 101.5 F

Ahuja Office 3999 Richmond Road Beachwood, OH 44122	Mayfield Village 730 SOM Center Road Mayfield Village, OH 44143	Westlake Office 960 Clague Road Westlake, OH 44145	UH Cleveland Medical Center 11100 Euclid Avenue Cleveland, OH 44106	UH Suburban Health Center 1611 South Green Road South Euclid, OH 44121
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Please call 216-844-0209 to make a follow-up appointment if one has not already been made. You should see the doctor 7-10 days after your surgery.