



JONAS R. RUDZKI, MD

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SPECIALIZING IN SHOULDER & KNEE SURGERY

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Pre-operative Instructions: Elbow

PRIOR TO SURGERY:

If you are in a formal physical therapy program, continue the therapy until the time of surgery. It will be helpful after surgery in returning your shoulder to its normal function and strength.

If you have an elbow fracture or dislocation, it is imperative that you elevate your injured upper extremity as much as possible. It is essential that you keep your elbow above your heart and your wrist above your elbow to minimize the injury to the skin, nerves, and soft-tissues from swelling after your injury.

Do not shave your armpit as it will increase the bacterial growth on your skin.

Do not take aspirin, anti-inflammatory medications (Aleve, Advil, Motrin, Naproxen), herbal medicines, or diet supplements for ten days before your surgery, as this may affect bleeding during and after the operation.

The night before your surgery, do not eat or drink anything whatsoever after midnight.

SURGERY DAY:

Wear loose fitting clothes to the hospital. This is due to the fact that you will have to wear bandages and a cryocuff or ice-pack after your surgery.

You will be in the hospital approximately 6-8 hours and may be admitted overnight for observation. If you are required to stay overnight you will be in the recovery room for ~2 hours and then you will be transferred to your room. Visiting hours are until ~ 8:00pm.

AFTER SURGERY:

Instructions will be given to you and your family that are specific to your type of surgery. Please follow these instructions carefully as they will help you during the initial phase of your recovery.

Call the office if you should have any questions after surgery. If there is an emergency, a physician is available to talk with you even if our office is not open.

Our office will call to see how you are doing ~24-48 hours after your surgery to make sure everything is going as expected. Please feel free to ask routine questions at this time.

Please do not bathe, swim, or soak after the operation for 3 weeks as this will increase your risk of infection. You will be given specific instructions related to your operation which explain how soon after surgery you may shower.

