

**POSTOPERATIVE INSTRUCTION SHEET
AMBULATORY SHOULDER AND ELBOW SURGERY**

Patient's Name: _____

Date: _____

Note: If you have any problems, please call Dr. McCann (212) 844-6735.

DAY OF SURGERY:

1. Remain in the sling until Dr. McCann calls you the morning after surgery. The duration of anesthesia is variable and may last 2-12 hours after discharge from hospital.
2. Place plastic bag full of ice on top of dressing for as long as you wish for comfort.
3. Sleep upright in bed with extra pillows and a firm pillow under your elbow for maximum support; lying down flat is usually more painful.
4. Take pain medication (SEE BELOW).

DAY AFTER SURGERY:

1. Dr. McCann will call you the day after surgery.
2. Remove the top large layer of dressing and leave the small steri-strips on the incisions.
3. You may shower but place a hand towel over the operated area and keep direct flow of water off the incisions. If the small steri-strips fall off, replace with Band-Aid.
4. Use operated arm for regular, everyday activities below shoulder level; that is, washing, dressing, eating. Avoid lifting or raising the arm.
5. After dressing, replace the sling until you speak with Dr. McCann.

MEDICATIONS:

1. **ALEVE** is a strong anti-inflammatory and a non-sedating pain reliever available over the counter without a prescription. Beginning the morning after surgery take two **ALEVE** with breakfast and two with dinner. Continue for as long as you have pain. After several days you may stop **ALEVE** if you have no pain. **SIDE EFFECTS:** Patients with gastritis, peptic ulcer disease, or hiatus hernia should not take **ALEVE**. If stomach pain develops when taking **ALEVE**, stop the medication. You may substitute Tylenol for **ALEVE** if you wish.
2. **VICODIN ES** is a narcotic and a potent pain reliever. **SIDE EFFECTS** of narcotics include nausea, sedation, light-headedness and constipation. Many patients find the side effects of narcotics worse than the post-op pain. For this reason, take the narcotics only if **ALEVE** or Tylenol does not give you adequate relief. Take 1 or 2 tablets of **VICODIN ES** every 4 hours as needed. There is no cross-reaction with **ALEVE**, and the combination of **ALEVE** and **VICODIN ES** may be more effective than one or the other taken alone.
3. **COMPazine** is an anti-nausea medication. Sometimes, the sedatives used during your surgery and narcotics can cause nausea and vomiting. Usually, this side effect does not last more than 24 hours after surgery, if it occurs at all. If you develop nausea, take 1 **COMPazine** pill every 6 hours for as long as the nausea lasts. If you do not have nausea, do not take any **COMPazine**.