

POSTOPERATIVE INSTRUCTIONS

ECRB Release

Wound Care

- Maintain your operative dressing, loosen bandage if swelling of the hand occurs.
- Remove surgical dressing on the second postoperative day.
- Keep surgical incisions clean and dry.
- You may shower after removing the first dressing, but Do NOT immerse/soak the operative elbow until 14 days after surgery.

Icing

- Icing is very important for the first 5-7 days after surgery.
- Do not place the ice bag or cooling device directly on the skin. Care must be taken to avoid frostbite to the skin.

Activity

- You should not lift anything heavier than a coffee cup with your operative arm.
- Gentle range of motion or movement of the elbow is allowed.
- Elevate your operative arm to the level of your heart whenever possible.
- Remain in sling at all times other than personal hygiene and wardrobe changes

Medications

- Do not drive a car or operate heavy machinery while taking narcotics.
- You have been prescribed a narcotic (either Norco or Percocet) for pain control. This is to be used for a short time period.
 - Take 1 tablets every 4-6 hours as needed
 - Max of 12 pills per day
 - Plan on using for 2-5 days, depending on the level of pain.
 - Do not take additional Tylenol (Acetaminophen) while taking Percocet.
- Common side effects include nausea, drowsiness and constipation. Take medication with food to decrease side effects.
- Ibuprofen (600-800mg) may be taken in between the narcotic medication.
- You should resume your normal medications for other conditions the day after surgery. You may not drive or operate heavy equipment while on narcotics. It is important not to drink while taking narcotic medication.

Diet

- Resume normal diet as tolerated this evening. We have no specific diet restrictions after surgery, but extensive use of narcotics can lead to constipation. High fiber diets, lots of fluids and muscle activity can prevent this occurrence.



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- The anesthetic drugs used during surgery may cause nausea for the first 24 hours. If nausea is encountered, drink only clear liquids. The only solids should be dry crackers or toast. If the nausea and vomiting become severe or you show signs of being dehydrated (lack of urination), please call.

FOLLOW-UP CARE/QUESTIONS

- Email any non-emergent questions to ortho@jtglomsetmd.com for the fastest reply. If e-mail is not an option, please call the practice at 405-885-8195.
- If you do not already have a postoperative appointment scheduled, please contact the scheduler during normal office hours at 405-218-2530 or email ortho@jtglomsetmd.com to arrange an appointment 10-14 days from surgery.

EMERGENCIES

- Contact Dr. Glomset or his nurse at 405-885-8195 or by email ortho@jtglomsetmd.com if any of the following are present:
 - Difficulty breathing
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color of lower extremity
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Excessive nausea/vomiting

**If you have an emergency after office hours or on weekends, call (405) 272-8400 and you will be connected to our page service – they will contact Dr. Glomset or one of his partners if he is unavailable. Do NOT call the hospital or surgicenter.

**If you have an emergency that requires immediate attention, proceed to the nearest emergency room or call 911.

WRIST FLEXION / EXTENSION



Actively bend wrist forward.
 Then backwards as far as you can.
 Repeat 10-15 times. Do 3 sessions per day.

ELBOW FLEXION / EXTENSION



With palm either UP, DOWN, or THUMBSIDE UP
 gently bend elbow as far as possible.
 Hold for 5 seconds.
 Then straighten arm as far as possible.
 Repeat 10-15 times. Do 3 sessions per day.
****DO NOT PERFORM THIS EXERCISE IF
 BICEP TENODESIS WAS PERFORMED****

SHOULDER RANGE OF MOTION

(Self-stretching activity)

Slide arm up wall with palm
 toward you by moving
 closer to the wall.
 Hold 10-15 seconds.
 Repeat 3 times.
 Do 3 sessions per day.



PENDULUM SWINGS

(Clockwise/counterclockwise)



Let arm move in a clockwise circle,
 then counterclockwise by rocking body
 weight in a circular pattern.
 Repeat 10-15 times. Do 3 sessions per day

PENDULUM SWINGS

(Side to side)



Gently move arm from side to side
 by rocking body weight from side to side.
 Let arm swing freely.
 Repeat 10-15 times. Do 3 sessions per day