

Immediately After Surgery:

- Work on the range of motion of your wrist, hand and fingers to reduce swelling and stiffness.
- Your therapist will begin range of motion exercises for your elbow, beginning at 10-14 days post-operatively. Be careful to avoid actively extending your elbow at this time.
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless instructed otherwise. You can purchase a cast seal to place over the bandage to keep it from getting wet while showering.
- Wear a sling during the day. Your therapist will make an elbow extension splint for you to wear at night.
- You will likely have a regional block (nerve block) performed at the time of your surgery. This will numb your arm for about 18-24 hours after surgery and be helpful with pain control.
- Refrain from lifting anything greater than 2 lbs (about the weight of a cup of coffee), or any vigorous squeezing, gripping, etc. with your operative hand.

First Post-Operative Visit (10-14 days after surgery):

- Your bandage and sutures will be removed in the office.
- X-rays will be taken in the office.
- Continue use of the sling and nighttime extension splint for the next 4 weeks.
- The surgical site may now be washed with soap and water in the shower. Avoid soaking or submerging your arm under water for the next 2 weeks (dishes, pools, hot tubs, etc.)
- Continue forward with formal occupational therapy and home exercises. Active range of motion of the elbow with flexion and forearm rotation is permitted. You should still avoid active elbow extension. Your therapist will progress you along as appropriate.
- After 1 additional week, you may begin performing scar massage. You can massage Vitamin E oil/lotion into the incision site; this will help with scar sensitivity, which is normal in about 10% of patients.
- Continue to avoid any heavy lifting, gripping, or squeezing.

Second Post-Operative Visit (5-6 weeks after surgery):

- X-rays will be taken in the office.
- Discontinue use of sling/splint
- Continue formal therapy and home exercises. Active extension of the elbow is NOT permitted.
- You may begin to increase use of your affected arm but should still avoid heavy lifting (greater than about 5 lbs) or impact to the affected hand.

Third Post-Operative Visit (10-12 weeks after surgery):

- X-rays will be taken in the office.
- Continue formal occupational therapy with an emphasis on range of motion and strengthening.
- Expected full recovery is about 4-6 months after surgery.
- Active range of motion is 15/20 to 130 degrees of flexion, 70 degrees of forearm pronation and supination
- Lifetime lifting restriction of 10 lbs.