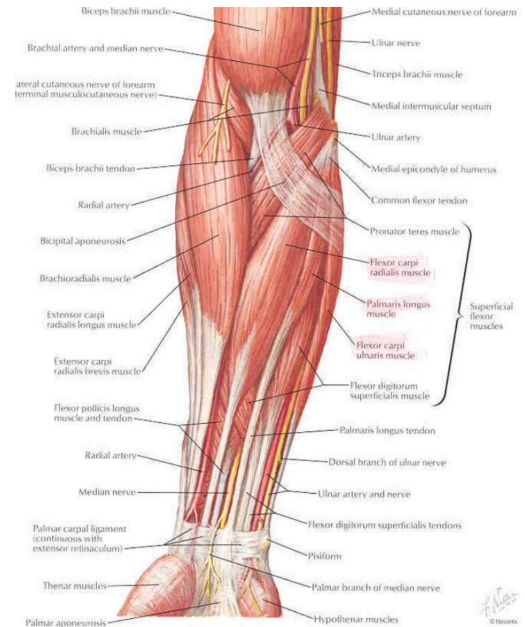
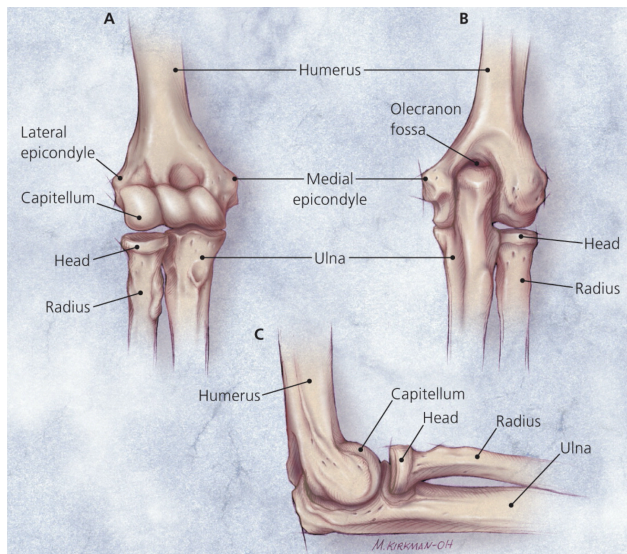


ELBOW/WRIST SURGERY AND ARTHROSCOPY- GENERAL INFORMATION

Dr. Sean Robinson, M.D.



Common Non-Arthroscopic Procedures

- **Distal Bicep Repair:** The distal bicep insertion is important to maintain strength and symmetry. In instances where it has a complete tear or chronic partial tear, it can be repaired back to its insertion site.
 - **Reconstruction:** In instances where the tear is >4-6 weeks old, you may require a reconstruction of the tendon with a cadaveric allograft. This surgery requires a larger incision and increased care and attention around important arteries and nerves.
- **Ulnar Collateral Ligament reconstruction (Tommy John):** The ulnar collateral ligament is critical in overhead athletes and for overall elbow stability. In cases where this ligament is incompetent or torn, it can be reconstructed to restore mechanics and relieve pain
- **Ulnar nerve neurolysis and cubital tunnel release:** The ulnar nerve is released from its compression sites.
 - **Ulnar nerve transposition:** the ulnar nerve will be moved if it is found to be unstable after release. This is less common than a simple release.
- **Carpal tunnel release:** The carpal tunnel where the median nerve lies is decompressed from a constrictive state
- **Common extensor tendon repair:** Lateral epicondylitis is a common condition which sometimes necessitates surgery if conservative care has failed over 12-18 months. This procedure involves removing unhealthy tendon, creating a high inflammatory environment and repairing the tendon back to its origin on the lateral epicondyle.

What is elbow arthroscopy?

- An elbow arthroscopy, also known as a “elbow scope”, is a minimally invasive surgical procedure in which a small camera, called an arthroscope, is inserted through small incisions (~ 1 cm) in the skin to fully evaluate the anatomy of the elbow.

Common Procedures Performed Arthroscopically:

- **Chondroplasty:** Minimal cartilage damage is addressed by using a motorized shaver to remove loose or frayed edges.
- **Loose Body Removal:** In patients who have independent pieces of bone or cartilage free floating in their elbow, they may have sensations of catching or locking. In these situations, the loose bodies are removed from the joint to allow smooth motion.
- **Osteoplasty:** This is where excess bone, such as osteophytes which are formed in response to repetitive trauma, is removed with a motorized burr in order to help prevent impingement and improve motion.
- **Synovectomy:** In patients who exhibit significant inflammation of the lining of the elbow joint, a heat probe and/or motorized shaver will be used to remove the irritated tissue.

Keep in mind this is not a complete list of elbow procedures performed arthroscopically. The nature of a patient's injury and their anatomy may result in additional or altered procedures.

POSTOPERATIVE MEDICATIONS

Dr. Sean Robinson, M.D.

Postoperative Pain Expectations

- The aim of elbow surgery is to decrease pain, improve elbow motion, and result in a better quality of life. We do our best to minimize postoperative pain by prescribing the medications below, but it is important to note that some level of discomfort is to be expected the first few days following elbow surgery. It is important to be proactive with regards to pain management during this time.

Postoperative Pain Medications and Instructions

- **Percocet v Norco 5/325 mg (oxycodone 5mg/acetaminophen 325 mg) ***Optional**
 - Take 1 or 2 tabs every 4-6 hours as needed for postoperative pain.
 - Percocet is a narcotic pain medication and may cause **constipation**. If constipation occurs, you may use **Miralax or Colace** which can be purchased over the counter at your local pharmacy.
 - Percocet should not be taken in combination with prescribed sleep medication.
 - **It is not safe to use more than 4,000 milligrams of acetaminophen in one day (24 hours).**
 - *If you are regularly prescribed pain medication from another provider, you will need to call your pain medication prescriber for postoperative narcotic pain medications.*
- **Ibuprofen 800mg (Advil); an NSAID (Non-steroidal Anti-inflammatory)**
 - Take 1 tab by mouth, with food, every 8 hours as needed for postoperative pain.
 - If you have renal impairment or take blood thinners other than aspirin, please discuss the use of Ibuprofen with your primary care physician prior to its use.
 - Other NSAIDs (ex. Aleve, Motrin, Meloxicam, etc.) should not be taken with Ibuprofen.



- **Alternate Ibuprofen and Percocet every 4 hours**
 - *Example: 8am- Ibuprofen, 12pm- Percocet, 4pm- Ibuprofen, 8pm- Percocet...*

Other Important Notes

- We recommend that for the first night and day following elbow surgery, patients take the Percocet and Ibuprofen (if tolerated). As pain improves you may stop the Percocet and take the Ibuprofen and Tylenol (acetaminophen) as needed.
- Many patients find they may have improved pain in the daytime hours following their operation, with continued pain at night. In these instances, pain medication (Percocet) may be used. If you have a history of sleep apnea or respiratory problems, you should discuss medications with your primary care provider prior to their use.
- Your pharmacist is a great resource for medication questions. You may also call our office with any questions preoperatively.

TIMELINE AND INSTRUCTIONS CALENDAR LAYOUT

5 Days Before Surgery	2 Days Before Surgery	1 Day Before Surgery	Day of Surgery	Post-op Day 1	Post-op Day 2	Post-op Day 3+
<ul style="list-style-type: none"> • Stop blood thinning medications (i.e. Advil, Aleve, Aspirin, Fish Oil, Vitamins, Supplements, etc. • Ensure you have attended your pre-operative clearance appointment with your primary care provider • Do not shave surgical area 	<ul style="list-style-type: none"> • Begin cleansing the surgical site with Benzoyl Peroxide 10% wash. Apply wash to the surgical site and armpit region, allow to sit for 3 minutes, rinse off • Place ice packs in freezer • Ensure medications have been picked up from pharmacy. See attached sheet for medication instructions • Purchase waterproof bandage or saran wrap for showering 	<ul style="list-style-type: none"> • Wash surgical site with Benzoyl Peroxide solution again. Follow same instructions • The surgical center will reach out to you today to relay your surgical time. Surgical times are subject to change, please keep your schedule open • Ensure you have spoken to your transportation, a friend or family, regarding your transportation home. Patients will not be discharge to a Lyft, Uber or Taxi 	<ul style="list-style-type: none"> • Morning of: Wash surgical site with Benzoyl Peroxide solution again. Follow same instructions. • Stop all food and drink at midnight the day of surgery • BRING SLING TO SURGICAL CENTER • Wear a loose fitting, or button up shirt to surgery center • Evening: Start medications. See attached sheet for medication instructions • Begin icing elbow • Wear sling • Have adult supervision for 24 hours after surgery 	<ul style="list-style-type: none"> • Continue to ice elbow • Take medications as instructed • Wear sling • No showering 	<ul style="list-style-type: none"> • Continue to ice elbow • Take medications as instructed • Wear sling • You may remove the bulky outer dressing • DO NOT REMOVE STERISTRIPS - these will be removed at postop visit • Showering may begin but INCISIONS MUST STAY COVERED- use saran wrap • BEGIN GENTLE RANGE OF MOTION EXERCISES. Reference postop exercise sheet for instructions. Continue to do these twice daily 	<ul style="list-style-type: none"> • Continue to ice elbow • Take medication s as needed. • Wear sling • CONTINUE GENTLE RANGE OF MOTION EXERCISES Reference postop exercise sheet for instructions. Continue to do these twice daily • See us for your scheduled post-operative appointment • We will remove your steri-strips at this visit • Continue to wear sling, unless otherwise indicated

TIMELINE AND INSTRUCTIONS

Dr. Sean Robinson, M.D.

- **BEFORE SURGERY**

- **5 days before surgery:**

- Stop all blood thinning medications (Ibuprofen- Advil, Motrin, Naprosyn- Aleve, Aspirin, Fish oil, Vitamins (i.e. E, C), Supplements, St. John's Wort, Glucosamine, etc.)
 - Ensure pre-operative clearance received
 - Do not shave surgical area

- **2 days before surgery:**

- Cleanse the surgical site with Benzoyl Peroxide 10% wash: (sold over the counter) use the solution over the operative elbow and axilla for 3 consecutive mornings before surgery in the shower:
 - **Start wash on preoperative day-2, followed by preoperative day-1 and again the morning of surgery.** Apply the solution to the rinsed elbow for 3 minutes before washing it away. This will decrease your risk of surgical infection. Do not use this solution after the surgery.
 - Place ice packs in freezer
 - Purchase press & stick Saran Wrap.
 - Ensure postop medications are picked up from pharmacy. See attached sheet for medication instructions.

- **1 days before surgery:**

- **Ensure you have a family or friend driving you home from surgery. Patients will not be discharged to an Uber, Lyft, taxi, etc.**
 - The surgery center will call you 1 day before surgery with your arrival time and surgical time.

- **Day of surgery:**

- Stop all food and drink at midnight. You are okay to brush your teeth.
 - If you have high blood pressure, blood pressure medications need to be taken the morning of surgery.
 - Wear a loose fitting or button up shirt to the surgical center
 - Keep your schedule open, surgical times are subject to change
 - **Remember to bring your sling to the surgical center.**

- **AFTER SURGERY**

- **Postop Day 1**

- Ice the elbow continuously for the first 24 hours, then every 20 minutes as needed.
 - Start postop medications. Reference postop medication sheet for medication instructions.
 - Wear your sling
 - Have adult supervision for 24 hours postoperatively.

- **Postop Day 2**

- Continue icing as needed
 - You may remove bulky elbow dressing. Do NOT remove steri-strips. These will be removed at your postoperative visit.
 - You may shower but surgical incisions **MUST** remain covered. Incisions need air to heal, do not keep steri-strips covered unless showering.
 - Begin gentle ROM exercises at 48 hours postop to help avoid a frozen elbow. Instruction sheet attached, please reference for exercises.

POSTOPERATIVE INSTRUCTIONS

- **Weight bearing**

- Keep your sling on at all times until the follow up appointment
- Weight bearing will depend on procedure performed

- **Movement**

- It is beneficial to change positions often after elbow arthroscopy.
- You may use the pillow portion of the sling for comfort if desired
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.

- **Sleep**

- Keep your sling on during sleep
- Many patients are most comfortable sleeping in a reclining chair for the first 1-2 weeks

- **Ice**

- Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
 - Place the ice onto the elbow over a thin layer of clothing or a towel, but never directly on the skin.

- **Wound care, Dressings/Bandages**

- Leave surgical bandage on and do not shower for 48 HOURS
- After 48 hours, remove bandages and gauze, but leave steri-strips (white tape) in place during showers.
- Its normal to see bloody soaked fluid on the bandages.
- Apply waterproof band-aide (i.e. shower shield) to each incision prior to showering. If wounds get wet while showering, this is OK; however, we prefer for keep the wounds dry during the first 5 days after surgery.
- In between showers, leave the incisions open to air with steri-strips in place. You may place BANDAIDS over the incisions
- Do not apply lotions or ointments to the incisions.
- Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.

POSTOPERATIVE EXERCISES

Dr. Sean Robinson, M.D.

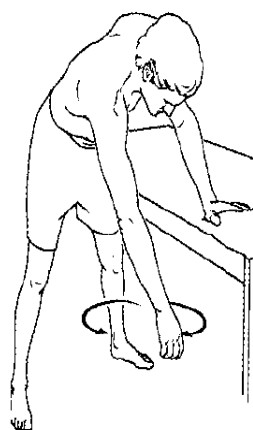
EXERCISES TO BEGIN 2 DAYS AFTER SURGERY



Pendulum (Side-to-Side)

Let right arm swing freely from side to side

Repeat 10 times per set.
Do 2-3 sessions per day.



Pendulum (Circular)

Let right arm move in ,
circle clockwise,
then counterclockwise,

Circle 10 times each
direction.
Do 2-3 sessions per day



Shoulder Rolls

Roll shoulders in a backwards motion.
First take shoulders up, then
backwards and then down.

Repeat 10 times every 8 hours.



Shoulder Shrug

Shrug shoulders up and down.

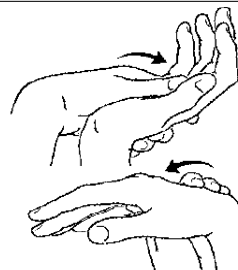
Repeat 10 times every 8 hours.



Elbow Flexion / Extension

With right hand palm up, gently bend
elbow as far as possible. Then straighten arm
as far as possible. Hold for 5 seconds.

Repeat 5 times per set.
Do 1-2 sessions per day.



Wrist Flexion / Extension

Grasp right hand and slowly bend wrist until
stretch is felt. Relax. Then stretch as far as
possible in opposite direction. Hold for 5 seconds.
Be sure to keep elbow bent.

Repeat 5 times per set.
Do 1-2 sessions per day.



Benzoyl peroxide 10% Acne Medication Face wash.

Wash elbow and armpit region with this starting 2 days before surgery, 1 day before surgery and on the morning of surgery.

Apply the solution to the rinsed elbow for 3 minutes before washing it away. This will decrease your risk of surgical infection.

Do not use this solution after the surgery.

OR



If you cannot find benzoyl peroxide, use Hibiclens [ask pharmacist for location].

Wash elbow and armpit region with this starting 2 days before surgery, 1 day before surgery and on the morning of surgery.

Follow instructions on the bottle.

Do not use after surgery.

Pre-Op Shopping Checklist:

- **Post-op Meds**
- **Cleansing solution**
- **Gel Packs**
- **Miralax (if needed)**