

# MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery  
www.mdubielmd.com

## Elbow Arthroscopic Osteocapsular Arthroplasty

### DIET

- Begin with clear liquids and light foods (jello, soups, etc.) and progress to your normal diet if you are not nauseated

### WOUND CARE

- Maintain your operative dressing until you follow up with physical/occupational therapy, loosen bandage if swelling of the elbow, wrist, or hand occurs. They typically remove your splint and dressings as well as remove your drain the day after surgery.
- It is normal for the incisions to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- You can shower two days after surgery. NO immersion of operative arm (i.e. bath)
- Keep your dressings clean and dry. If you need to put new clean and dry Band-Aids and dressings after your shower please do so.

### MEDICATIONS

- If you received a block your arm should feel numb anywhere between 12 and 36 hours before it wears off. If you did not receive a block, you may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle

### Primary Medication = Oxycodone

- Plan on using it for 2 to 5 days, depending on level of pain. Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
- If constipation occurs, consider taking an over-the-counter laxative, like Senna or Colace
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 400-600mg (i.e. Advil) and Tylenol every 8 hours may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage.

### ACTIVITY

- You will need to arrange to attend PT the day after surgery for drain and dressing removal. Please tell your nurse navigator
- After your elbow arthroscopy it is ok to use your elbow for light daily activities to preserve your motion. Dr. Dubiel will let you know if you have any restrictions on using your arm after this type of surgery. But typically we encourage immediate active light duty activities in order to keep things moving.
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable. Discuss return to work with Dr. Dubiel or his PA.

### **POST OP FOLLOW-UP**

Follow up will be in approximately two weeks. If you do not already have a post-operative appointment scheduled, please contact the front desk during normal office hours at 231-935-5880.

### **\*\* URGENT AND EMERGENT CONCERNS \*\***

During normal business hours of 8:00am – 4:30pm, Monday through Friday, please contact Dr. Dubiel or his team if any of the following are present:

- 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, yellow, green, or foul-smelling drainage
- Color change in wrist, hand, or lower extremity
- Calf pain
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Excessive nausea/vomiting
- Difficulty breathing/shortness of breath
- Chest pain

If you are experiencing an urgent need outside of normal business hours, call 231-935-5000 to connect to the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged.

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

***PRESCRIPTION REQUESTS WILL NOT BE FILLED AFTER 12:00PM ON FRIDAY  
OR ON THE WEEKEND.***

**Please review the relevant patient education surgical booklet provided at your pre-op appointment for more detailed instructions. If you have any questions or concerns, please do not hesitate to call our office:**

#### **MUNSON ORTHOPEDIC INSTITUTE**

3537 W. Front Street, Ste. E

Traverse City, MI 49684

Main Phone: 231-935-5880

Dr. Dubiel's Surgical Nurse Navigator: 231-935-4824