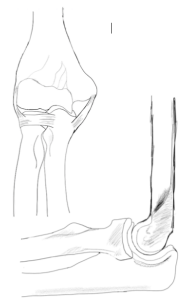


MATTHEW J. DUBIEL M.D. SHOULDER AND ELBOW SURGERY

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TRICEPS DEBRIDEMENT SURGERY

DIET

- BEGIN WITH CLEAR LIQUIDS AND LIGHT FOODS (JELLOS, SOUPS, ETC.)
- PROGRESS TO YOUR NORMAL DIET IF YOU ARE NOT NAUSEATED

WOUND CARE

- MAINTAIN YOUR OPERATIVE DRESSING, LOOSEN BANDAGE IF SWELLING OF THE ELBOW, WRIST, OR HAND OCCURS. IF YOU HAVE A SPLINT ON, KEEP THIS CLEAN AND DRY. IT CANNOT GET WET. REMOVE THE SPLINT BASED ON WHAT DR. DUBIEL'S INSTRUCTIONS WERE.
- 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. YOU MAY NEED TO COVER THEM WITH A GARBAGE BAG IN ORDER TO SHOWER/HYGIENE.

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

- TAKE 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED MAX OF 12 PILLS PER DAY
- PLAN ON USING IT FOR 2 TO 5 DAYS, DEPENDING ON LEVEL OF PAIN
 - DO NOT TAKE ADDITIONAL TYLENOL (ACETAMINOPHEN) WHILE TAKING NORCO/ PERCOCET. 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
 - 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) 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.

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ACTIVITY

- WHEN SLEEPING OR RESTING, INCLINED POSITIONS (I.E. RECLINING CHAIR) AND A PILLOW UNDER THE FOREARM FOR SUPPORT MAY PROVIDE BETTER COMFORT
- DO NOT ENGAGE IN ACTIVITIES WHICH INCREASE PAIN/SWELLING (LIFTING OR ANY REPETITIVE ABOVE SHOULDER LEVEL ACTIVITIES) OVER THE FIRST 7-10 DAYS FOLLOWING SURGERY
- AVOID LONG PERIODS OF SITTING (WITHOUT ARM SUPPORTED) OR LONG DISTANCE TRAVELING FOR 2 WEEKS
- NO DRIVING UNTIL INSTRUCTED OTHERWISE BY PHYSICIAN
- MAY RETURN TO SEDENTARY WORK ONLY OR SCHOOL 3-4 DAYS AFTER SURGERY, IF PAIN IS TOLERABLE

EMERGENCIES

- CONTACT DR. DUBIEL OR HIS TEAM AT 517-394-3200 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
 - COLOR CHANGE IN WRIST, HAND OR LOWER EXTREMITY
 - CONTINUOUS DRAINAGE OR BLEEDING FROM INCISION (A SMALL AMOUNT OF DRAINAGE IS EXPECTED)
 - DIFFICULTY BREATHING
 - EXCESSIVE NAUSEA/VOMITING
- IF YOU HAVE AN EMERGENCY AFTER OFFICE HOURS OR ON THE WEEKEND, CALL 517-394-3200 AND YOU WILL BE CONNECTED TO OUR PAGE SERVICE – THEY WILL CONTACT DR. DUBIEL 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.
- IF YOU DO NOT ALREADY HAVE A POSTOPERATIVE APPOINTMENT SCHEDULED, PLEASE CONTACT THE SCHEDULING OFFICE DURING NORMAL OFFICE HOURS (517-394-3200)