

POSTOPERATIVE INSTRUCTION SHEET
LHGV AMBULATORY SHOULDER AND ELBOW SURGERY

Patient's Name: _____ Date: _____

Note: If you have any problems, please call Dr. McCann (646) 665-6784.

DAY OF SURGERY:

1. Remain in the sling until Dr. McCann calls you the morning after surgery. The duration of anesthesia is variable and may last 12-24 hours after discharge from hospital.
2. Place plastic bag full of ice on top of dressing for as long as you wish for comfort.
3. Sleep upright in bed with extra pillows and a firm pillow under your elbow for maximum support; lying down flat is usually more painful.
4. Resume any of your regular medications. Eat and drink if hungry and thirsty.
5. Take pain medication (SEE BELOW).

DAY AFTER SURGERY:

1. Dr. McCann will call you the day after surgery.
2. Remove the top large layer of dressing and leave the small steri-strips on the incisions.
3. You may shower but place a hand towel over the operated area and keep direct flow of water off the incisions. If the small steri-strips fall off, replace with Band-Aid.
4. Use operated arm for regular, everyday activities below shoulder level; that is, washing, dressing, and eating moving your hand between your side pocket and nose. Avoid lifting or raising the arm.
5. After dressing, replace the sling until you speak with Dr. McCann.
6. It is normal to develop swelling and bruising (black and blue) in the arm, chest, and hand 2-5 days following surgery. If the swelling is uncomfortable, lie down and elevate the hand on a pillow above the level of your heart. Also, actively move your fingers and wrist to help decrease swelling. Swelling and bruising will resolve on their own at 2-3 weeks following surgery.

MEDICATIONS: Use a narcotic only if pain not sufficiently controlled by **the combination of Celebrex, Tylenol, and an ice pack, i.e., pain score greater than 5/10.**

1. **CELEBREX (200mg)** is a strong anti-inflammatory and a non-sedating prescription strength pain reliever. Take one **CELEBREX** twice daily with breakfast and dinner each day. Continue for as long as you have pain. **SIDE EFFECTS:** Patients with *gastritis, peptic ulcer disease, or hiatal hernia* should not take **Celebrex**. If stomach pain develops when taking **CELEBREX**, stop the medication.
2. **TYLENOL EXTRA STRENGTH (500mg)** is a non-sedating pain reliever that should be taken **in addition to CELEBREX**, as they do not interact with each other, and the **combination** of both medications is more effective than taking each one separately. Take 2 tablets with breakfast, lunch, dinner, and at bedtime. **SIDE EFFECTS:** There are minimal side effects from **TYLENOL**, but **DO NOT** exceed the maximum daily dose of 4000mg, or 8 tablets. Stop Tylenol and Celebrex when you have no pain.
3. **OXYCODONE (5 mg)** is a narcotic and a potent pain reliever. **SIDE EFFECTS** of narcotics include nausea, sedation, light-headedness, fatigue, and constipation. Many patients find the side effects of narcotics worse than the post-op pain. For this reason, take the narcotics only if **the combination of CELEBREX and TYLENOL** do not give you adequate relief. Take 1 or 2 tablets of **OXYCODONE** every 4 hours only if pain score greater than 5/10. Narcotics should not be required more than 2-5 days post-operatively. There is no cross-reaction of the **OXYCODONE** with **CELEBREX** or **TYLENOL**.