

## **Elbow Arthroscopy – post op handout**

Elbow arthroscopic was performed through small holes in the skin which usually require stitches.

In general, no physiotherapy is required in the first week. If it becomes necessary, physiotherapy will be arranged for you at your post operative consultation.

You may leave the hospital when you are fully awake, but you can also choose to stay overnight if you prefer.

Please phone **9381 3084** for a post operative appointment 1 week following surgery.

### **Notes for home:**

1. You may use your arm freely but try not to overdo it in the early post operative period.
2. Keep the bandage on the elbow for 5–7 days. If it falls off reapply it firmly as this will help reduce swelling. Keep the bandage dry.
3. After a day or so when the swelling has eased take your elbow through a full range of motion. This means not only up and down movement but also pronation and supinations movements (turning the hand up to face the ceiling and then down to face the floor with your elbow at your side at 90°). This should be done at least 3 times a day to decrease the risk of stiffness, however do not force your elbow.

### **Elbow Swelling:**

This is inevitable after any elbow surgery even if it is done through an arthroscopic procedure. Naturally it is less than it would be after an open operation, but it does still occur. Your swelling can be controlled by:

1. Keep arm elevated. A sling may help but it is not absolutely necessary and ward staff can help with this request. You may prefer to sleep with it on 1 or 2 pillows, and when sitting rest it upon another chair.
2. Icing the elbow for 20 minutes, 3 times a day or after exercise or therapy. Gel packs, ice packs or a plastic bag of ice wrapped in moist towels will all work effectively.
3. Anti-inflammatory medication will be prescribed if this is considered necessary.

**IF YOU ARE HAVING PROBLEMS WITH YOUR ELBOW  
DO NOT HESITATE TO CONTACT THE OFFICE  
OR HOSPITAL**