

Instructions following Elbow Surgery

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Instructions following Arthroscopic surgery

- Osteocapsular releases (for stiff elbows, Osteoarthritis, rheumatoid arthritis)
- Tennis elbow release
- Removal of loose bodies
- Debridement for Osteochondritis dissecans
- O-K procedure

Postoperative

- Surgery is performed under GA + Block, therefore are pain free and the arm is limp (and can be for upto 24 hours. This is NORMAL)
- Usually NO stitches are applied to the wounds
- In cases that do have stitches, they are dissolving and fall off between the 2nd and 3rd week of surgery
- Instruct patient on mobilisation of elbow
- Home when safe and comfortable

Dressings & Hinged-brace

- Change of dressing at 48-72 hours
- In cases where a hinged-brace is provided, special instructions will be given. These vary depending on the cases.
- Generally, I use the hinged-brace in cases with release of severe contractures and following reconstructions for posterolateral rotatory instability (PLRI). In these, the brace can remain for up to 4 (or rarely, 6 weeks). The hinge is reassessed in clinic at 2 weeks and instructions on movement are provided.