WHAT TO EXPECT AFTER ELBOW ARTHROSCOPY
Dr. Erik Dorf

Elbow arthroscopy surgery is common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

• Your age and health.
• The severity/nature of your injury or condition
• The length of time between the injury and the surgery
• Your compliance with prescribed treatment and therapy

1. **SURGERY DAY**: Following your surgery you will have a splint and ace wrap on your arm, from above your elbow to below your wrist. You will be provided with a sling to help support the arm in the splint. You may remove the sling as desired.

2. **FIRST 48 HOURS AFTER SURGERY**: You should ice and elevate the arm as much as possible. It will be difficult to feel the ice through the splint, but should still ice regularly. You can also ice your hand/fingers. Wiggle fingers regularly to help reduce swelling.

3. **FIRST TWO WEEKS**: Pain or swelling in the arm is normal. This can be lessened by the use of an ice pack, by elevating your hand above the level of your heart or higher than your nose, and by the use of your pain medication as needed. **You must leave the splint/dressing clean, dry and intact until your first follow-up visit.** Bathing is okay with the arm protected in a waterproof cover, such as a kitchen garbage bag and tape.

4. **AT YOUR TWO WEEK POST OP OFFICE VISIT**: We will remove your splint and dressings and check the incisions. We will allow you to start moving the elbow at this point, increasing motion as pain allows. We may order physical therapy to assist with this.

5. **6 WEEKS AFTER SURGERY**: You will return to the office and we will check your elbow range of motion. We will reassess the need for physical therapy depending on your progress with motion and strength.

6. **HOW LONG TO GET BETTER?** Most people are mostly better by 6-12 weeks after surgery, and may progress with activity as tolerated.

Should you have any questions, please call any of our offices at the following numbers:
Edwards (970) 569-3240 Frisco (970) 668-3633 Vail (970) 476-7220