

**Day 1-10:**

- Prior to leaving the operating room a splint and a bulky bandage will be applied to your elbow.
- Control swelling. Sometimes in the hospital your arm is upright for swelling control. Following discharge from the primary surgery you should go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes once per hour.
- Control pain. You will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain.
- Follow post-operative instructions regarding dressing and wound management.

We can increase the pain medication if you're uncomfortable. Feel free to call the office at 650-723-5256, or call the surgery scheduler. If it is after hours there is always someone available to reach the on-call orthopedic resident at 650-723-4000 and ask for Clinical Advice Services.

**Day 21: Sutures will be removed in the office.**

**Week 1-6**

- Active assisted range of motion with gentle flexion and extension.
- You may do full active range of motion in supination and pronation of the wrist/forearm.

**Week 6-12**

- Full active range of motion of the elbow allowed.
- May do gentle strengthening of all other motions of the elbow and wrist, except extension.

**Week of 12+**

Unlimited use of the arm in flexion and extension.

Additional appointments will be every year following surgery to assess the status of the prosthesis.

***Important permanent restrictions:***

No repetitive lifting greater than 2 pounds, and no lifting greater than 10 pounds and a single event permanently. Extension of the joint may have artificial most material any infection needs prompt treatment to avoid spread into the artificial joint.

Antibiotics will need to be taken prior to any procedure (i.e. scope of bladder, etc.) or other invasive medical and any dental procedures. **This will be life-long.**

Recommended antibiotic prophylaxis:

- **2 g amoxicillin, 1 hour prior to dental** or colonoscopy procedure (1 dose only)
- If you are allergic to Penicillin, Cipro 750 mg, 1 hour prior to procedure (1 dose only)

**Therapy Frequency: 1-2 times per week for 2-3 months**