

OPERATIVE INSTRUCTIONS
Elbow Contracture Release
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(714) 634-4567

1. **First Post – Operative Day**
 - A. Continue ice pack every one to two hours while awake.
 - B. Pain medication as needed.
 - C. No lifting or gripping with operated side.

DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.

2. **Second Post – Operative Day Until Return Visit**
 - A. Continue ice pack as needed.
 - B. You may shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy or use plastic wrap) when taking a shower. Do this for about ten days from surgery.
 - C. You may remove your bandages today. Do not remove your sutures.
 - D. Begin Range of Motion Exercises – 5 to 10 minutes, 3 times per day.

For Return Appointments

4. Your 1st post-op visit will need to be scheduled for 10-14 days after surgery. Physical Therapy should start 1 week from surgery.
5. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours, the answering service will contact Dr. Shepard.
6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.