

**Elbow Arthroscopy with Ulnar Collateral Ligament
Reconstruction Postoperative Instructions**

You are recovering from arthroscopic and open elbow surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your elbow elevated for the next few days. Use your sling as needed for comfort.
2. Keep your splint or brace on and a bandage on your incision sites until seen in follow-up.
3. Postoperative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
4. Use ice on your elbow for the first 48 hours postop. Suggested icing is 20 minutes on followed by 20 minutes off to avoid complications. Use it thereafter at least twice a day and for symptomatic relief.
5. Your postoperative therapy begins on the day of surgery. Initially you should flex and extend your fingers and shoulder to help reduce swelling. Gentle shoulder pendulum exercises will also be helpful in reducing discomfort. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
6. Postoperative pain is common but should be controlled by the prescriptions given to you.
7. You will be seen in the office within the week for follow-up. Please call your doctor's office listed below if you have any problems.

Augustus Mazzocca, M.D.
860.679.6633

Jennifer Moriatis Wolf, M.D.
860.679.4253

UConn Musculoskeletal Institute
263 Farmington Avenue
Farmington, CT 06030
860.679.6600
uconnmsi.uchc.edu

Avon Office
2 Simsbury Road
Avon, CT 06001

Southington Office
1115 West Street
Southington, CT 06489