
Post-op PATIENT Instructions: OLECRANON BURSECTOMY

Dressing: A dressing has been applied to your elbow to absorb any fluid/blood. A small amount of blood on the dressing is to be expected. Begin dry, sterile dressing changes 24-48 hours following surgery and daily thereafter. Remove the OR dressing, apply sterile gauze and re-wrap with the ACE bandage. Unless directed by your surgeon, no salves, balms, or ointments to the incisions. Soreness and bruising is expected for several days afterward.

Bathing: Showering is permitted 72 hours following surgery. Soaking the incisions should be avoided. (No swimming or hot-tubs.)

Ice: Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

Activity: Elbow, wrist and hand range of motion is encouraged and will help to reduce your swelling in the hand and wrist. Additionally, try to keep the finger and hand elevated toward the ceiling to minimize swelling as well. Bending the elbow as soon as you are comfortable (unless otherwise restricted) is also encouraged. However, **no driving until permission is given by your surgeon.**

Pain: A nerve block has been performed for immediate post-op pain control by the anesthesiologist. It typically “wears off” at about 8-12 hrs following surgery. A long-acting narcotic (every 12 hrs) used in combination with a shorter-acting narcotic (taken every 3-4hrs as needed for breakthrough pain) is given to control your pain. **Begin taking these pain medications when you BEGIN experiencing pain!** These meds can take 30-45 minutes to start “working”. You do not want to play “catch-up” by letting your pain get out of control. Nausea, drowsiness, and constipation are common side effects of narcotics. Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is recommended to minimize constipation. Call the office if you are unable to tolerate your medication.

Precautions: If you develop temperatures above 101.5°F (38.5°C), uncontrolled pain, marked redness, persistent/discharged drainage, or significant swelling. Call the office **(813)-684-2663**

Follow-up: If you do not already have an appointment scheduled, call the office as soon as possible to schedule your first post-op visit.

Special Instructions: _____ (Additionally, follow any indicated instructions below.)

Additional Instructions: