



Dr Marcus Chia
SHOULDER & ELBOW SURGEON

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Elbow Surgery – Instruction Sheet

1. Ice the elbow 5-6 times a day (20-30 minutes at a time) particularly the first 24–48 hours.
2. Wear sling as advised.
3. Remove the bandages the day after surgery (ie. remove the crepe bandage and cotton wool).
4. Your dressings should remain intact. If not, cover the wounds with Tegaderm dressing for showers to keep dry.
5. Your dressings are waterproof for showering (however you should not submerge your dressings under water).
6. Take pain medication prescribed as needed. Try and wean off as soon as tolerated.

You will be discharged from hospital with a limited supply of pain medications. Any additional medications required can be obtained through your GP.

7. Call my rooms (02) 8014 4252 with any problems or concerns.
Such As:
 - Elevated temperature
 - Continuous drainage from the wound
 - Severe Pain
 - Spreading Redness