



Sports Medicine Institute  
Dr. Palumbo

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Post Operative Instructions for Elbow Arthroscopy Patients  
Level 2: Biceps Tendon Repair, UCL Repair, Nirschl Procedure, Elbow ORIF

1. Thank you for choosing OAA and Dr. Robert Palumbo.
2. Your first meal should be a light meal.
3. Use an ice bag or cryotherapy device applied to your elbow for 20 minutes every 60 minutes. Do not place ice directly on your skin. Use a thin, damp towel or cloth between the ice and skin.
4. Wear the sling at all times except for showers and performing physical therapy exercises as directed.
5. If your procedure was to treat Medial or Lateral Epicondylitis, you may come out of the sling for gentle elbow range of motion, but maintain the wrist splint at all times. As long as you maintain the wrist splint you may discontinue the sling when comfortable. The splint will be used for 4 weeks and will come off only for physical therapy and showering.
6. With the sling on: do shoulder shrugs and move your hand frequently.....squeezing a sponge or ball if you wish.
7. During your first post-op office appointment, a decision about a post-op splint or brace will be discussed
8. A prescription for pain medication has been provided to you. Use the medication as directed on the bottle. **DO NOT TAKE OVER THE COUNTER ANTI-INFLAMMATORY MEDICATIONS (Advil, Aleve, or Motrin)** because it may compromise bone and tissue healing.
9. You may shower 24-hours after surgery. The dressings and splint must stay dry at all times. Do not swim or soak in a tub or whirlpool until after your first post-op office visit and Dr. Palumbo's team has given approval.
10. Activities:
  - A. Let pain be your guide to activity. Keep the splint on unless told otherwise.
  - B. Do not use exercise machines unless specified by Dr. Palumbo's Team or your physical therapist.
  - C. If you have a desk job with little physical activity, you may return to work if approved by Dr. Palumbo's Team preoperatively.
  - D. If your job requires excessive lifting, your return to work date will be discussed during your first post-op office visit.
11. You should have a post-op office appointment 7-14 days following your surgery. If you do not have an appointment, call the office on the next business day to arrange one.
12. If you develop a fever (101.5° F or higher), redness in your arm, pain in your arm or have any concerns regarding your procedure or recovery please call the office at once.

Thank you for following the above instructions. If you have any questions, please call our office at (610) 973-6200 and ask for one of the following Team Palumbo staff members: Brian Kephart, PA-C, ATC or Casey Muthard, BS.