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ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

STEVEN E. SELDEN, M.D.

ARTHROSCOPIC SURGERY
KNEE AND SHOULDER SURGERY
SPORTS MEDICINE
GENERAL ORTHOPEDICS

AFTER ELBOW SURGERY

1. Use a sling to keep your arm elevated and limit your activities for a few days.
2. Keep bandages dry-cover with a plastic bag when showering.
3. Exercise your fingers to prevent stiffness.
4. Take prescribed pain medication as needed.
5. Arrange for a follow-up visit(if not already done) for in approximately 10 days

CALL IF THERE ARE ANY PROBLEMS OR QUESTIONS

(860) 243-1414