

What To Expect After Surgery

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UPPER EXTREMITY SPLINT (UCL RECONSTRUCTION, FRACTURE CARE and BICEP REPAIR)

Post-Operative Care

- You will be in a splint for 7-10 days after surgery. This should stay on at all times.
- The splint will be removed at your first post-op visit and you will be transitioned to a post-op brace, cast or a new splint.
- Ice the area several times per day, 30 minutes at a time, over the dressings.
- You should be able to return to work/school as soon as you feel comfortable, likely 2-5 days.
- Upper body - You may wear a sling for comfort, but can discontinue as tolerated.
- Lower body - Use crutches as instructed.
- Keep the splint/dressings clean and dry at all times.

Pain Control

- Ice will help control swelling and pain.
- We recommend you take the pain medication, as prescribed, for the first 24-48 hours, then decrease as tolerated.
- Even with pain medication, some discomfort or pain is normal. However, if you are experiencing a *significant increase* in pain after 24 hours, please notify our office at (334) 793-2663.
- You should receive a prescription for pain medicine and anti-nausea medication before leaving the hospital.

Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery and will not need an oral antibiotic.
- It is normal to have swelling, discomfort, and a low-grade fever (<100 degrees).
- Notify our office if you have marked and sudden increase in pain after 24 hours or persistent fever >100 degrees.
- Do not remove the splint or dressings. These will be removed at your post-operative visit.

Physical Therapy

- Physical therapy will begin after your post-operative appointment.

Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely maneuver the car without putting yourself or others at risk.** At discharge, you will receive information about your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc.