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POST OPERATIVE INFORMATION: ELBOW ARTHROSCOPY

After your elbow arthroscopy, you will have a bulky bandage around your arm with your arm in a sling.

During the operation, fluid is pumped into the elbow joint and some of this fluid often remains after the operation resulting in some swelling of the elbow joint. This is normal.

The bandage will help control some of this swelling. Please leave the bandage on for at least 3 days, after which you can remove it.

Underneath the bandage will be some small dressings covering the incisions made to enter the elbow. There will usually not be any stitches under the dressings. These dressings are waterproof and should be left on until you see your Surgeon at your first post operative visit. If they do fall off, please see your local doctor to get them replaced.

It is important to use the sling so you don't need to move the elbow too much initially. You can move the elbow to do day to day tasks, but try to limit excessive movement for the first 2 weeks.

You will also be provided with a prescription for some pain relief. Take these as required.

If you experience increased swelling of the elbow, or the elbow becomes red, hot and sore, please seek urgent medical attention to your local doctor or nearest emergency department.

An appointment will be made for you to see your Surgeon around 2 to 3 weeks after your operation.

