



DAVID B. COHEN, M.D.

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CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS

DISCHARGE/HOME INSTRUCTIONS
Elbow OCD Repair

Follow up appointment:

- If you do not already have an appointment, call Dr. Cohen today or tomorrow to arrange to be seen in 10-14 days.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery period at home:

DIET:

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

MEDICATIONS: It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (ie. Colace/Miralax) regularly.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is oxycodone (like Percocet with no Tylenol). Take 1-2 when you are aware of soreness and then every 3-4 hours as needed. You may also take Tylenol as needed with all of these medications.
- Naproxen, an anti-inflammatory, should be taken twice a day with food for 7-10 days. If your stomach is upset or you are nauseous, do not take.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

- Keep splint on until follow up appointment where a brace will be applied.

ACTIVITY:

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.
- You will use your sling for 6 weeks.
- Apply ice over the splint medially 2-3 times daily for 3 days. (30 minutes on, 30 minutes off). You will use it after physical therapy as well.
- May shower, but keep splint covered with either a plastic bag secured or a cast guard from the pharmacy.
- Your fingers may be swollen and stiff the morning after surgery. This is normal.
- There may be some numbness and tingling for 1-2 days which should gradually resolve.



NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

- Dressing is too tight.
- Continued nausea/vomiting
- Excessive bleeding
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)
- Fever above 101°F
- Uncontrolled pain
- Infection (red, drainage and/or sore)
- Excessive swelling
- Unable to urinate

IF YOU CANNOT REACH YOU DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

_____, M.D _____
Patient / Escort

MD OFFICE NUMBERS

- Branford (203) 483.2509
- Guilford (203) 453.6340
- Hamden (203) 407.3500
- Milford (203) 882.3373
- Orange (203) 795.4784
- Wallingford (203) 265.1800