



575 South 70th Street
Suite 200
Saint Elizabeth Medical Plaza
Lincoln, Nebraska 68510-2471

Toll-Free (888) 488-6667
(402) 488-3322
Fax (402) 488-1172
www.nebraskaortho.com

Patrick E. Clare, M.D. - Emeritus
Ronald O. Schwab, M.D. - Emeritus
Donald J. Walla, M.D.
Thomas M. Heiser, M.D.
Daniel R. Ripa, M.D.

Robert W. Dugas, M.D.
David J. Clare, M.D.
James W. Gallentine, M.D.
Steve J. Volin, M.D.

Justin D. Harris, M.D.
Scott A. Swanson, M.D.
Daniel B. Cullan II, M.D.
Aaron M. Bott, M.D.

Joseph P. Mulka, M.D., Ph.D.
Sukchan Lee, M.D.
Dane C. Todd, M.D.
David P. Heiser, M.D. - consulting

Elbow Flexor Pronator Mass Repair Instructions

Dane Todd, MD

1. **Ice** the elbow for 72 hours after surgery.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Dressings** – Keep your splint clean and dry until your follow up appointment.
4. **Showering** – You may shower, but need to keep the splint covered, clean, and dry.
5. **Sling** – Wear your sling for comfort
6. **Motion** – Ok to perform shoulder range of motion, but no motion of the elbow, hand, or wrist until your post-operative appointment.
7. **Lifting** - Do NOT lift any objects with the operative arm
8. **Physical Therapy** – Begin physical therapy after your first post-operative appointment

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: _____

Surgery Date: _____

Surgery Performed (circled) Side (circled): Right Left
Flexor/Pronator Mass Repair

Weight Bearing Status – NON Weight Bearing

Notes: _____