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## Discharge Instructions

### Distal Humerus Fractures / Elbow Fractures

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Start pendulum exercises as instructed before discharge from hospital on 1<sup>st</sup> day after surgery. **DO NOT** do any lifting, carrying, pushing or pulling with injured arm until follow up appointment. Work on motion of the shoulder, elbow, wrist and hand, unless a splint was placed to the arm after surgery. Use a sling as needed for comfort.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302-655-9494 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery or discharge from hospital.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** Remove all dressings on 3<sup>rd</sup> day from surgery and leave incision open to air. Place a dry dressing if needed for drainage.
- Splint:** If a splint was placed, leave splint on until follow up appointment. Keep it clean and dry.
- Showering:** After dressing has been removed, it is ok to wash shoulder with soap and water and take a shower. **DO NOT SOAK THE INCISION. NO BATHS OR POOLS.**  
  
If a splint has been placed, place a bag over the arm and tape the bag to keep the splint dry.
- Sutures:** Your sutures or staples will be removed at your follow-up visit if needed.