

POSTOPERATIVE INSTRUCTIONS – UCL Reconstruction

- Start of week 2 → Elbow brace 30-60 deg.
- Begin PT @ week & 7
 - Isotonics of scap/shoulder/elbow/forearm/wrist
- Week 8 and as motion returns
 - IR/ER strength
 - pronation/supination strength
 - Thrower's ten
- Week 12
 - plyometric program (begin two handed)
- 4mos
 - interval throwing
- 5mos
 - hitting
- 14mos
 - throwing at live batters

SLING/MOVEMENT

You will be placed in a soft cast for 1 week after your surgery. This will limit the movement of your elbow as to not disrupt the reconstructed ligament. You will also be given a sling that you may wear for comfort. You may move your shoulder in any direction that is comfortable. Do not force the motion though because this will likely cause pain.

DRESSING/BANDAGES

Your dressing is NOT waterproof; therefore, you are not to get your soft cast wet. You can bathe; however, will need to cover your arm with a plastic bag or trash bag to avoid getting your incisions wet. Your soft cast will be removed at your first post-op visit at which point you will be placed in an elbow brace until 6 weeks post op.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. arm). An injection of local anesthesia was injected into your elbow after the completion of the operation. This medication will wear off in 5-6 hours. Therefore, begin taking the medication (e.g. Vicodin, Percocet, etc.) immediately when you get home. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.

The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.

A sleeping medication (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

You have been given a prescription for antibiotics (Keflex/cephalexin) – please take as prescribed.

APPOINTMENT

Your post-operative visit should be scheduled 7-10 days after surgery. At that visit your stiches will be removed.