



**Columbia University
Shoulder, Elbow and
Sports Medicine Service**

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Frequently Asked Questions Patients Often Have Following Elbow Surgery

1. How long do I have to wear my splint?

You will typically have to wear the splint until your first post-op. appt. At your first visit, the splint will be removed, your wound will be evaluated and the sutures may have to remain for an additional week depending on the size of the incision. You may also receive a range of motion elbow brace that will be adjusted per per your doctor's instructions.

2. Do I have to wear the splint at all times? Do I have to wear it to sleep?

You must wear your splint/brace at all times, including sleeping.

3. When can I drive?

Generally, when you are no longer wearing the splint/brace.

4. When can I return to play sports?

You may not play contact sports until 4-6 months following surgery.

5. When will I start physical therapy and for how long will I attend?

UCL reconstruction: generally after your first post-op appointment.
Total Elbow/Radial Head replacement/Arthroscopic procedures: immediately following surgery.

6. When will my first post-op appointment be?

Your first post-op visit will be 1-2 weeks after surgery.
Your doctor will inform you as to how often you will return for follow-up appointments.

7. When can I shower?

You may shower 24 hours after your surgery. Please cover your elbow with a plastic bag to protect your wound.

For all questions regarding the care of your elbow brace (adjusting it, cleaning it, etc.) or the use of your cryocuff, you may contact East Coast Orthotics at 631-254-5577 and they will be happy to help you.