



CLINIQUE
CHIRURGICALE
DE LAVAL

Post-operative advices : Elbow
Dr David Blanchette



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Bandages

Once the bandages removed (at the same time as the splint), the Steristrips (little white bandages) will fall in the following days.

Shower

You may shower once the bandages and splint are taken off.

Splint

If there is a splint, it will be removed about 1 week after your surgery or according to the surgeon's instructions.

Stitches

If you see Steristrips when removing the bandages, you have melting stitches.

Physiotherapy

Your physiotherapy needs will be evaluated by the surgeon at your next appointment.

Exercises

Only do your exercises according to your pain.