

After Your Pediatric Elbow Pinning Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery there will be a bulky splint on your child's arm to hold it in a good position and protect the pins
- Leave the splint in place until follow up
 - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to the splint

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication to control your pain after surgery
 - The liquid medicine, Hycet, has Tylenol (acetaminophen) in it so be careful not to double up on Tylenol
- If you notice worsening pain over the first few days after surgery, call in or bring your child in to be checked for too much swelling at the elbow
 - Some finger swelling is common, but significantly worsening pain is a concern

Activity

- You are encouraged to move exposed fingers and joints immediately after surgery
- Elevate the arm above the heart for the first few days after surgery as much as possible
- Try to help your child avoid activities where your child could fall on their arm after surgery

Follow-Up Care

- You will have an appointment in clinic 5-7 days after surgery to get a cast
- Pins are typically removed 5 weeks after surgery
 - Pin removal is performed in the clinic immediately after removing the cast
 - This is typically uncomfortable and surprising for the child, but not severely painful
 - Dr. Nielsen will not discuss removing pins with your child before removing the pins to avoid increasing their anxiety
- Physical therapy is rarely needed

Results

- Stiffness often persists several months or up to a year after surgery
- Most children regain good range of motion after surgery