

ULNAR COLLATERAL LIGAMENT (UCL) RECONSTRUCTION PATIENT EDUCATION

- The brace you have been placed in is locked at the proper angle and is in place to help protect your surgical repair. Do not attempt to change the angle of your brace unless instructed to do so by your physician or therapist. Your brace will be opened on a week by week basis usually on the following schedule:

Days 0-7 Post-op: Locked at 90 degrees.

Days 8-14 Post-op: Unlocked 30-105 degrees.

Days 15-21 Post-op: Unlocked 15- 120 degrees.

Days 22-28 Post-op: Unlocked 0- 130 degrees.

After 4 weeks are complete, the brace may be discharged, but only remove it full time if instructed by your physician or therapist. In some cases, it may be deemed necessary to wear the brace longer.

- It will be necessary to keep your stitches completely dry and clean until the time they are removed at approximately 14 days post-op. To protect your stitches while showering it may be necessary to cover the entire arm with a waterproof bag, or to cover the incisions with a waterproof product such as Tegaderm.
- You will want to change your dressings on a daily basis to ensure the incisions are staying clean. Please do not apply any ointments or creams to the incisions. They simply need rinsed with hydrogen peroxide and covered with clean, dry Band-Aids. If you notice any discharge or are concerned with the incisions then bring it to the attention of your physician or therapist.
- Swelling and bruising after a surgical procedure is normal and should be expected. In order to keep this to a minimum you will want to ice your arm several times a day for a 20-minute period. If the swelling seems to worsen you will want to elevate the arm while icing to help improve these symptoms.
- The repair is very delicate in the early stages of recovery. As such, you will want to avoid any movements that may place stress to the inner part of the elbow. **DO NOT** allow the arm to be forcefully jerked away from the body or attempt to externally rotate the arm in any direction.