Date: [Date]

Patient Name: [Patient Full Name]

Date of Birth: [DOB]

Procedure: Ulnar Collateral Ligament (UCL) Reconstruction (Tommy John Surgery)

Surgeon: [Surgeon Name]

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1. Wound Care

Keep your surgical dressing clean and dry. Do not remove the splint or bandages until your first follow-up appointment. If you were provided with a waterproof cover, use it while showering. Do not submerge the arm in water (baths, pools, or hot tubs) until cleared by your doctor.

2. Activity and Immobilization

- **Brace/Splint:** You must wear your posterior splint or hinged elbow brace at all times as directed.
- **Sling:** Use the sling for comfort and to reduce swelling for the first [Number] days.
- **Restrictions:** No lifting, pushing, pulling, or reaching with the operative arm. Avoid any sudden movements or "throwing" motions.

3. Pain Management

Take prescribed pain medications exactly as directed. To reduce swelling and pain, apply ice to the elbow for 20 minutes every 2 hours while awake. Keep your arm elevated above the level of your heart using pillows for the first 48-72 hours.

4. Physical Therapy

Physical therapy is critical for recovery. Your first session should be scheduled for [Number] days after surgery. Follow the specific protocol provided regarding gentle wrist and finger exercises to maintain circulation.

5. Warning Signs

Contact the surgical office immediately or seek emergency care if you experience:

- Fever over 101F (38.3C).
- Excessive bleeding or drainage from the bandage.
- Increasing redness or warmth around the incision.
- Sudden numbness or tingling in the hand/fingers.

- Shortness of breath or chest pain.

6. Follow-Up Appointment

Your follow-up appointment is scheduled for: **[Date and Time]** at **[Location]**.

For any questions, please call the clinic at: [Phone Number].

Sincerely,
[Surgeon/Provider Signature]
[Facility Name]