

Lateral or Medial Epicondylitis Post-Op Instructions

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Instructions

- ✓ Elevate your arm for the next 48 to 72 hours and move your fingers to reduce swelling. Elevate your hand above your heart as much as possible to lessen swelling and pain. Pillows and blankets under the arm are helpful when you go to sleep. Mild to moderate pain after surgery is common.
- ✓ You may and are encouraged to use your hand for light activities such as eating and dressing when you feel comfortable.
- ✓ You may try to bend and straighten your elbow, wrist, and fingers as tolerated 5-6 times each day to prevent stiffness.
- ✓ **Do not** use the involved arm for lifting, gripping, repetitive motions, etc. until your follow-up appointment. Wear the supplied wrist splint.
- ✓ **Do not** use the hand or wrist to push up from a chair, bed, etc.

Dressing

- ✓ Keep your dressing clean and dry. When showering or bathing, cover the involved arm with a plastic bag to ensure it's kept dry.
- ✓ AFTER 3 DAYS from surgery, you may take the OUTER BANDAGE DOWN ONLY.
- ✓ LEAVE THE ELBOW BANDAGE UNDER THE WRAP IN PLACE UNTIL YOUR FOLLOW-UP APPOINTMENT IN OUR OFFICE. This dressing may be yellow/brown or clear. This dressing is waterproof and you may now shower with it on without covering it. DO NOT SUBMERGE LIMB IN WATER, showers only.

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication. If no pain medication was prescribed or you wish to avoid taking prescription medication, you may use Tylenol or an NSAID (i.e. Motrin, Advil, Aleve). Follow the instructions for use on the bottle.

Follow-Up

- ✓ You should receive a call from our office the day after your surgery. We will likely schedule to see you back in the office 10-14 days following the operation. Elbow dressing and sutures will be removed by a member of our trained staff and you will likely be given a wrist brace.

Additional Instructions

- ✓ Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION DURING THIS POST-OP PERIOD!