



THOMAS KREMEN, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY

(424) 259-9856 OFFICE

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Discharge Instructions After Lateral Epicondylitis Debridement

Immobilization/brace:

- Maintain splint or sling for comfort only
- Active range of motion as tolerated, motion should be pain free only
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Medications:

- You have been given a prescription for pain medicine (example: norco, oxycodone or Percocet). This medication can cause constipation, thus taking a stool softener such as over the counter metamucil or prescription colace, dulcolax or senakot may be of benefit. Use the pain medication as needed for the first few days, then begin to taper yourself off. You may take Tylenol (acetaminophen) in place of the narcotic medication, however this must be limited to less than 3000mg total per day. If you have liver disease then do not take Tylenol unless directed by your Liver doctor or primary care physician.
- You have also been given an anti-inflammatory pain medication: Naproxen it is to be taken twice a day.

Other Instructions:

- Weight bearing status: weight bearing as tolerated
- DO NOT drive until cleared by an orthopaedic surgeon.
- If you are a smoker, it is recommended that you refrain from smoking in the postoperative period. Smoking cigarettes or other substances will inhibit healing of your shoulder repair. Nicotine gum is better than smoking cigarettes, however it still carries a risk of impaired healing.
- Maintain your dressing until seeing Dr. Kremen for follow up.
- It is best to wait until your dressing has been removed and sutures have been removed until showering. However, you may begin showering at 4 days after surgery. The incision should be covered with 2 separate plastic bags sealed independently.
- Even after removal of your sutures your wound CANNOT be submerged under water (i.e. no pools, lakes, baths, etc.) for about 1 month after surgery

- Make sure your axilla (arm pit) is completely dry after showering.
- DO NOT rub or scratch the incision. Blowing hot air with a hair dryer to an area can relieve itching.

If you experience any serious problems or concerning symptoms please call our office at:

- Regular business hours: **424-259-9856**
- After hours/weekends: 310-206-6766 and ask to be connected with the doctor on call for the Sports Medicine Service.

Warning Signs. Call the office if you notice any of the following symptoms:

- Chills or fever over 101° F.
- Bleeding or fluid draining from the incision more than 5 days after surgery.
- Foul smell/cloudy drainage from the operative site.
- New numbness or newly discovered inability to move a specific muscle
- Increased pain
- Wound edges opening (dehiscence)
- Excessive redness at the incision site or swelling/puffiness around the knee/incisions
- Increasing pain, particularly in your calf muscle
- If you experience significant chest pain or shortness of breath, please call 911 and/or go to your local emergency room immediately as this may represent a life threatening emergency. Please call our office to keep us informed of any such events.

Please call 424-259-9856 to make a follow up appointment or to confirm that you already have a follow up appointment scheduled. You should be seen by Dr. Kremen approximately 10 to 14 days after surgery.

