

Lateral Epicondylar (Tennis Elbow) Debridement Post-Op Instructions:

What surgery did I have?

You had a procedure to remove narcotic (dead) tissue from the lateral epicondyle of your elbow to relieve pain which was caused by overuse.

What can I expect after surgery?

Your elbow will be placed in a soft splint and you will be given a sling for comfort. You should keep your splint clean and dry for three (3) days. Following, you can remove the dressing and shower normally. Don't scrub the incision sight hard. Cover incisions with Band-Aids after drying (repeat daily). The sling is for comfort and can be discontinued if you are comfortable with letting the arm hang down at your side.

Can I move the elbow?

Yes, after your dressing is removed you can begin to bend the elbow and use the wrist and hand as tolerated. I recommend no heavy lifting greater than a coffee cup for 6-8 weeks until your tissue has healed at the elbow. You can work on range of motion of the elbow to straighten and bend the elbow as much as possible.

What medication should I be taking?

We prescribe a pain medication at the time of surgery. You should begin taking this once you arrive home to stay ahead of your pain. Your elbow will be numb from the local anesthetic administered during surgery but will wear off shortly or you may have gotten a nerve block which lasts 12-18hours post operation.

Can I ice?

Yes, you can ice as much as you'd like. 20-25 minutes on and 40 minutes off.

Can I drive?

It is your responsibility to determine if you are safe to drive. You cannot be taking narcotics and operate a vehicle.

When do I follow up?

You will follow up in clinic with Jenn Rascoe NP-C in 12-14 days. If you have not been given a post op follow up already, please contact my secretary Tammy (above) to schedule one.

If you develop signs of an infection such as fevers, increasing pain, redness at your incision site, pus drainage from incision you should: Notify our office immediately 757-321-3300 and go the emergency department. ***