

## **Post-Operative Instructions: Lateral Epicondylar Debridement**

1. You may remove your dressing after 10-14 days. Do not get it wet before this. After this period, you may shower, but do not submerge or soak the incision sites. Steristrips or glue will likely remain on until your follow up appt. Pat, do not rub, to dry over them. Cover with a dry dressing as needed.
2. Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call the office. If you had a block at the time of surgery, expect your arm to be very weak, partially paralyzed and numb during the first day. The function should return steadily by the next day. Do not remove your sling until this happens.
3. Wear sling until your arm movement returns. Wear your splint at all times until we see you back.
4. Use your cold therapy unit, if you have one, or ice on the arm as directed until you are seen in the office. Wear it over your clothing regularly for 2 days. Change the water every 4 hours while awake. After 2 days wear it for 20 minutes at a time for at least 2 times per day.
5. Your post-operative therapy begins on the day of surgery. Shoulder and elbow range of motion exercises should begin on the first post-operative day. You should perform these exercises 4 times per day as tolerated to maintain full shoulder and elbow motion. Other exercises may be prescribed by your physician as well. Do not lift more than 5 lbs. for 6 weeks.
6. Post-operative pain should be controlled by the prescriptions given to you. The Norco is for the worst pain, typically within the first few days after surgery. As pain improves you should try to wean off of the strong pain medication prescribed at the

time of surgery. Most patients can switch to extra-strength Tylenol or Motrin after the first several days.

7. If you have a fever over 101.5°, shaking, chills or increasing pain after 3-4 days past surgery, please contact us or go to the Emergency Room. Moderate pain is expected for a week or so but should gradually diminish.
8. You will be seen in the office 10-14 days after surgery for follow-up. If you have any problems or questions please call us.