



Lateral Epicondylitis Debridement

Patient Postoperative Instructions

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0-2 weeks

Pain medication:

- Use your prescription pain medication as needed to control pain.
- If your arm was numbed (blocked) for the surgery by the anesthesiologist, begin taking pain medication before the block wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

Post-op Dressings:

- Keep the dressings and splint in place until your first postoperative visit.
- Elevation of the arm, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a large heavy plastic bag that is sealed with Saran wrap).
- If the dressings get dirty, wet, or come apart please contact the office to have the dressing re-done.
- You may find it easier to sleep in a reclined position rather than flat to help support your elbow.

Motion:

- Start moving your fingers as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Do not lift, carry, push, or pull anything heavier than a glass of water or can of soda.

2-4 weeks (First post-op visit)

Splint:

- You will be placed in to a removable long-arm splint by hand therapy 1 week after surgery.
- The splint should be worn full-time except for therapy.
- Scar massage can be started at 3 weeks post-op.

Motion:

- The sutures will be removed at your first postoperative visit.
- Therapy will be started for elbow, wrist, and hand motion.
- Continue to avoid lifting, carrying, pushing, or pulling objects heavier than a glass of water.

4-6 weeks

Splint:

- Wean from the splint starting at 4 weeks, and discontinue its use by 6 weeks.

Motion:

- Continue elbow range of motion, including stretching, until full range of motion is achieved.
- Begin gentle elbow strengthening at 6 weeks.
- You can lift/carry up to 5lbs (about 1/2 gallon of milk) as your symptoms allow at 8 weeks with the forearm held in pronation.
- You can lift/carry up to 10-15 lbs starting at 10 weeks.
- Transition to a home exercise program at 8-10 weeks.

6-10 weeks (Second post-op visit)

Splint:

- No longer needed.

Motion:

- Continue elbow and forearm strengthening as part of a home program.
- Work conditioning program as needed for laborers.

10+ weeks (Third post-op visit)

- Gradually return to full activity and exercise as tolerated.