

Orthopaedic and Spine Institute
21 Spurs Lane, Suite 245, San Antonio, TX 78240
www.saspine.com
Tel# 210-487-7463
Joel B. Nilsson, M.D., P.A.

***POST-OP INSTRUCTIONS FOR PATIENTS WHO HAVE HAD
LATERAL EPICONDYLITIS (TENNIS ELBOW) RELEASE AND
DEBRIDEMENT***

Dressing: A dressing has been applied to your incision. The dressing is left on until your first office visit, unless otherwise specified by the physician or physician assistant. The dressing may become moist from blood or drainage this is not a cause for alarm. However, if the drainage soaks through the dressing please call the office. If there is an Ace wrap on your hand, you may loosen or tighten it, as needed. The sutures and posterior splint may be removed 5 days after surgery to begin gentle elbow motion.

Wounds: The wound is closed using stitches. Also, there may be yellow xeroform gauze over your incision to enhance healing. These strips and dressing are changed as needed at your postoperative visit.

Activity: You have been provided with a posterior splint and a sling. The splint needs to stay on for the first 5 days so be careful not to let it get wet. The sling has been provided for comfort only. You may wear it outside of your clothes if you prefer, but you do not need to wear it at all times. It is important that you take your arm out of the sling at least 3 times per day to perform gentle shoulder range of motion (ROM) exercises as instructed by your physical therapist. Otherwise, your shoulder may get very stiff.

Exercises: Remember to move your shoulder and elbow 3-4 times a day to keep them loose. You may raise your arm above your head to stretch your shoulder and move your elbow back and forth as much as your dressing will allow. You are encouraged to gently move your fin-

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gers as much as your dressing will allow unless otherwise directed by your surgeon.

Bathing: Keep your wound clean and dry. Do not allow your incision to get wet unless otherwise specified by the physician or physician assistant.

Pain: Upon discharge from the hospital you should have a prescription for pain medication. Please take the pain medication with food. Do not drink alcoholic beverages or drive if you are using pain medications.

Precautions: If you develop a fever (temperature greater than 101 degrees Fahrenheit or 38.3 Celsius) or chills, or any undue symptoms such as unexpected pain, redness, swelling in either leg, rash, blisters, numbness, tingling, itching, hives or shortness of breath, please contact our office. Problems following this type of surgery have been minimal; however, if you have a problem or question, do not hesitate to call the office at 210-487-7463. The answering service will handle your call to the office after hours or on the weekend, and one of the Spine and Orthopedic Institute clinicians will return your call. **If you have an emergency, call 911.**

If you had regional anesthesia (block), especially of the arm, the anesthesia or numbness may persist for sometime. Special care should be taken against such injuries as burns from hot surfaces and cuts from knives until sensation has returned.

Diet: Start with light meals, progress diet as tolerated.