



CONNECTICUT  
CENTER FOR  
ORTHOPEDIC  
SURGERY, LLC

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www.OrthoOnTheWeb.com

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## TENNIS ELBOW SURGERY POSTOPERATIVE INSTRUCTIONS

**Activity:** After your tennis elbow surgery, you will be placed in a bulky dressing. There may be swelling of the hand and wrist following surgery. You are encouraged to keep the hand elevated in a sling or on a pillow when lying down. If your fingers are exposed, try to move them as much as possible to avoid joint stiffness and swelling. Do not force the elbow to move within the first 48 hours, but some motion is permitted. After 48 hours, you are encouraged to do whatever you wish with no restrictions. Let pain be your guide. Overprotecting the elbow will lead to a prolonged recovery.

Use ice packs to the elbow for the first 48 hours after surgery. Apply the ice as frequently as needed after surgery. After 48 hours, you may use the ice packs two or more times a day for 20 minutes at a time, if desired for comfort. It is normal for the arm to be painful after surgery. Sensitivity of the incision is common and may occur at about 4 weeks post op and may last for several weeks. If this occurs, massage hydrocortisone cream (available over the counter) into the incision 3 times per day.

**Dressings:** Keep the postoperative dressing clean, dry and intact until 48 hours after surgery at which point it may be removed. After 48 hours, you may use the arm as tolerated until you are seen at the first postoperative visit. Apply ice to the padded dressing as often as possible. Keep the wound dry and covered with a Band-Aid. If it does get wet, clean it with alcohol and allow it to air dry.

**Medications:** You may resume your normal medications that you took prior to surgery. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends.

### **Plan ahead.**

Medications for postoperative pain are as follows: \_\_\_\_\_ 1-2 pills every 4 hours if you have pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate those medications and are not taking blood thinners. Once the nerve block begins to wear off, start your pain medicine.

**Follow up:** Make an appointment to be seen approximately \_\_\_\_\_ days after surgery. I will discuss the procedure and the findings during surgery at this visit.

**Problems:** Complications from elbow surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero". Call the office for a temperature over 101 degrees, pain not controlled by the pain medication.

### **CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. For emergencies, you should call this number and talk with me or the covering doctor.