

# Tennis Elbow Release

## General Post-Operative Instructions for Tennis Elbow Release

### What to Expect:

The local anesthetic may make areas of your elbow feel numb for 8-12 hours.

You will have a moderate amount of pain for the first 3-4 days; this should be adequately addressed by the oral pain medication that was prescribed when you left the day surgery suite (Vicodin or Percocet). The usual dose of an anti-inflammatory such as Advil is recommended at the same time you are taking the pain medication (unless you have a history of ulcers or other gastrointestinal ailment).

Other measures that are helpful include elevating the arm a few pillows and draping a plastic bag filled with crushed ice over the splint and dressing (place a dish towel or small hand towel over your arm first so the dressing doesn't get wet).

### Other Suggestions:

To keep your elbow from throbbing, it can be helpful to elevate your arm above your head.

Put a plastic bag over your dressing when showering (keep dressing dry).

If you experience any worrisome symptoms such as a fever higher than 101.5 degrees or markedly increased pain, contact the clinic during normal office

hours. If it is after business hours and you need to reach the doctor on-call you may call our main number:(503)214-5200 and this will put you in contact with the doctor on-call.

### Activity Level:

Leave the post-operative dressing on until you return to the office for dressing removal which will be approximately 9-14 days after your surgery. You can begin gentle range of motion exercises with your fingers. This should consist of flexing and extending the fingers. You may use your hand for light activities such as eating, dressing, typing, etc. You may begin gentle wrist and elbow range of motion after your first post-operative appointment.

### Follow-up:

Schedule a post-operative appointment for 9-14 days after the surgery. The phone number for our appointment desk is: (503)214-5255. At this visit your post-operative dressing will be removed. Sutures will be removed at this time. You will then be given a prescription for a removable elbow brace that will need to be worn during activity for approximately 3 weeks after your surgery.