



Town Center
ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

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Post-Operative Instructions Following Tenex Surgery For Epicondylitis

1. WHEN DO I COME IN FOR MY FIRST FOLLOW-UP VISIT?

If an appointment has not already been scheduled, please call my office the day following surgery to schedule an appointment for approximately one week after your surgery.

2. WHAT SHOULD I EXPECT AFTER SURGERY?

After surgery, it is normal to experience some discomfort. A pain medication prescription was sent to your pharmacy. Please use the medication regularly as directed for the first twenty-four hours and then as needed after the first day. Tylenol (Acetaminophen) may be used along with or in place of the prescription medication.

If you have been prescribed Celebrex (Celecoxib), you should not take additional anti-inflammatories.

A low-grade temperature (99-101 degrees F) is common. Please call the office if your temperature is consistently elevated over 101.5 degrees.

In order to reduce swelling and pain, try to keep the operative elbow elevated for the first two days. Your elbow should be elevated above your heart as much as possible. When in a sling, your elbow is actually below your heart. So, when able, please remove your arm from the sling and prop it up (ie. with pillows) so that it rests above your heart.

3. WHAT EFFECTS MIGHT I NOTICE FROM THE ANESTHESIA?

General anesthesia may cause some fatigue and lethargy that may exist for a day or two. Occasionally, nausea may occur. Eating light foods will help. Resume your regular diet as the nausea resolves.

4. HOW LONG SHOULD I WEAR THE SPLINT AND BANDAGE ON MY ELBOW?

The bandage should be kept dry and in place until approximately 48 hours after surgery. At that point, remove the splint and bandage down to skin. There will be a small incision. You can then get that site wet in a shower. Afterwards, dry the site and cover with a BandAid.

5. WHAT CAN I DO TO HELP REDUCE SWELLING AND DISCOMFORT?

Limiting your activities and resting with your elbow elevated above your heart are the best methods of reducing swelling and discomfort and will help speed up your recovery. Ice may also be used. This will only work, once you have removed the dressing. Leave the ice in place for 15-30 minutes. This may be done every hour while awake.

Repeatedly closing and then opening your hand and fingers is helpful. This can reduce swelling in your arm and hand. We suggest doing this several times an hour while awake.

With regard to your activity level, use common sense as your guide. You should avoid lifting, pushing or pulling anything heavier than a pen or pencil with your operative arm. All painful activities are to be avoided.

6. WILL I HAVE AN EXERCISE PROGRAM TO FOLLOW?

Once the bandage has been removed, you should bend and straighten your elbow 15 times, three times a day. You do not need to force your elbow fully straight or bent. Just do what is comfortable.

A physical therapy prescription will be emailed to you. Please scheduled therapy to start after 48 hrs. You should attempt to start therapy before your follow-up appointment if possible.

7. WHAT ELSE CAN I EXPECT?

1. Bruising and swelling of the elbow, arm, and hand is common. This is caused by bleeding from the bone and soft tissues (cut during the procedure) into the tissue just deep to the skin.
2. Some patients develop numbness and/or stiffness in the hand and fingers following surgery. This most often is due to swelling and immobilization of your arm and often

resolves shortly after the swelling subsides and therapy begins. If numbness or weakness in your hand persists, or if you have any concerns, please call our office.