

TENNIS ELBOW RELEASE DISCHARGE INSTRUCTIONS

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing for 5 days, then remove and replace with ace bandage
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag or saran wrap over your hand area starting the day after surgery.
- NO immersion of operative incision until 3 weeks after surgery (i.e.bath).

MEDICATIONS

- You will have local anesthetic placed at the incision which may be numb for 6-8 hours so don't be alarmed. Try to just use over the counter medications such as Tylenol or ibuprofen. Some patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle that will be prescribed by your doctor and be at the pharmacy you requested. Use your narcotic medication wisely because after it runs out over the counter medications only will be prescribed given current DEA scrutiny.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed.
- Do not drive a car, operate machinery, or drink alcohol while taking the pain medication
- Resume your normal medication the day after surgery

ACTIVITY

- Do not engage in activities which increase pain/swelling
- It is ok if you move your fingers and wrist.
- **Return to work** when your doctor recommends and you feel safe.
- **Driving**-you should not drive if you are in any restrictive device/brace/sling, ultimately the decision of safety is up to you.
- **Maintain your sling for 2 weeks, then can use sling for comfort.**

ICE THERAPY

- Begin immediately after surgery
- Use every 2 hours for 20 minutes daily for the first week.

WHEN TO CALL YOUR DOCTOR

- Contact are office if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills

- Redness around incisions
- Color change in operative extremity
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting