



POSTOPERATIVE INSTRUCTIONS OPEN LATERAL EPICONDYLAR RELEASE

❖ SLING/MOVEMENT

- You will be placed in a soft cast for 1 week after your surgery. This will limit the movement of your wrist as to not disrupt your tendon repair. You will also be given a sling that you may wear for comfort.
- You may move your shoulder in any direction that is comfortable. Do not force the motion though because this will likely cause pain.

❖ MEDICATIONS

- If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. arm).
- An injection of local anesthesia was injected into your elbow after the completion of the operation. This medication will wear off in 5 to 6 hours. Therefore, begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.
- The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.
- A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

❖ DRESSING/BANDAGES

- Your dressing is NOT waterproof; therefore you are not to get your soft cast wet. You can bathe; however, will need to cover your arm with a plastic bag or trash bag to avoid getting your incisions wet.
- Your soft cast will be removed at your first post-op visit at which point you will be allowed to start getting your incisions wet.

❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription to begin physical therapy.

If you have any questions or concerns, please contact our office at (310) 860-3048.