



ADVANTAGE ORTHOPAEDICS, P.C.

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POST-OPERATIVE INSTRUCTIONS

LATERAL EPICONDYLECTOMY / DEBRIDEMENT

1. Remove the dressing on post-op day #3.
2. Apply a large Band-Aid or sterile gauze pad to the wound if there is any drainage. Do not use bacitracin or other ointments under the bandage and rewrap the ace wrap.
3. You may shower on postoperative day #2; however, do not get the wound wet. Cover the elbow with a waterproof dressing or saran wrap, or put the arm in a large plastic bag and seal it with tape. Keep the arm elevated to avoid water running down into the dressing. If you get the wound wet, pat dry with a sterile gauze pad and redress it. Keep the wound dry at all times, until your sutures are removed by the doctor.
4. Keep your hand elevated to minimize swelling as much as possible the first two days and then as necessary. Keep your arm in a sling for two to three weeks to allow the surgical site to heal. You may come out of the sling for bathing and twice daily for assisted range of motion exercises at the elbow, wrist and hand. (Straightening and bending using the opposite hand for assistance)
5. Use the arm/hand as little as possible to minimize swelling and discomfort in the first two to three weeks.
6. Please call the office to schedule a follow-up appointment 10 -14 days post-operatively.
7. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. Enclosed is a prescription for you to use post-operatively. Vicoden or Tylenol #3 are narcotics, and are to be used on an “as needed” basis for pain. You may experience nausea with these medications so take them with a small amount of food.

If you have any questions, please feel free to call our office.