

## Tennis or Golfer's Elbow Repair Postoperative Instructions

### ACTIVITY

- No lifting, pushing, or pulling greater than 2 pounds with your operative arm for the first 6 weeks.
- Wear your wrist immobilizer at all times except for showering and passive motion exercises.
- You may move your fingers as you tolerate.
- You may perform gentle passive wrist and elbow motion exercises.

### DRESSING

- You will have a sling and dressing on.
  - You should use your sling most of the time until your first follow up appointment.
- You may remove your dressing 2 days after surgery. You will have Steri-Strips over your incision; please keep these in place until your follow-up appointment.
  - Starting on post operative day 2, you may shower but should avoid scrubbing your incisions. No soaking your incisions in a bath or hot tub.

### PAIN CONTROL

- You may have received a nerve block or local anesthetic injection. This provides excellent pain relief for the first 8-36 hours following surgery. This wears off at various times for each patient.
- You will be prescribed pain medication (outlined below) for your postoperative pain.
- We also recommend icing frequently for pain or swelling after surgery.
  - You can use any form of ice (icing machine, a bag filled with ice cubes, bag of frozen veggies, or reusable ice pack).
  - Use a protective layer (such as a dish towel) between the ice and your skin, so that you do not freeze your skin.
  - Ice for 20 minutes at a time, with at least 20 minutes off in between icing sessions.

### MEDICATIONS

- Oxycodone 5 mg, 1-2 tablets every 4-6 hours as needed
  - This is a narcotic pain medication for moderate to severe pain. It is our goal to wean our patients off this medication within the first week following surgery.
- Tylenol 500 mg, 2 tablets every 8 hours
  - We recommend this as a baseline pain medication for the first week following surgery.
  - DO NOT exceed 4000 mg of Tylenol in a 24-hour period.
- Ibuprofen 200 mg, 3 tablets every 8 hours
  - If you can take NSAIDs, over the counter Ibuprofen can be helpful for mild to moderate pain and can replace narcotic pain medication

- Zofran (ondansetron) 4 mg, 1 tablet every 6 hours as needed for nausea
  - This is an anti-nausea medication that can help resolve nausea associated with anesthesia and narcotic pain medications.
- Colace (stool softener) 100 mg twice daily
  - The use of narcotic pain medication can cause constipation. We suggest using an over-the-counter stool softener (Colace) while taking pain medication. Stop taking this medication if diarrhea develops.
- Resume all home medications the day after surgery.
- Variations in postoperative medications may be made on an individual basis.

## DRIVING

- You are not allowed to drive while taking narcotic pain medication.
- Dr. Schuette will discuss with you when it may be appropriate to return to driving.

## POSTOPERATIVE APPOINTMENTS

- Your first postoperative appointment will be 1-2 weeks after your surgery.
  - Sutures or staples will be removed if required.
  - Your sling will be discontinued.
- Your second postoperative appointment will be approximately 6 weeks after surgery.

## REASONS TO CALL THE OFFICE

- Please call Dr. Schuette's office (952-442-6943) if you have any questions or concerns, or develop the following:
  - Increased pain that is not responding to pain medication
  - Increased warmth or redness at the surgical site
  - Large amounts of bleeding or drainage
  - A sustained fever greater than 101° F
  - Excess pain or swelling of the calf
  - You significantly injure your operative body part