



Chris Lena MD, James Alvarez PAC  
Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine  
MEA's Karen Smith, Jackie Zuidema, Annmarie Fiore  
Tel: (860) 549-8249 - FAX: (860) 244-8813  
[www.oahct.com](http://www.oahct.com)

## Lateral Epicondyle Release/Tennis Elbow Release

1. **GENERAL:** You will feel a little off for a day or two after the anesthetic. During that time you should not drink alcoholic beverages, make any important decisions or engage in any potentially hazardous activities. It is very common to be slightly nauseated and you should start with a light, low fat diet until your appetite comes back.
2. **ACTIVITIES:**
  - a. **WEIGHT BEARING:** You should not put any weight on your arm (i.e. pushing yourself up out of a chair). Do not do any strenuous activity until I clear you for this.
  - b. **DRIVING:** You may not drive a vehicle until after your first postoperative visit. You may then drive a vehicle as long as you are able to safely operate the vehicle. ***You cannot drive if you are taking narcotic pain medication!!!***
  - c. **WORK:** You may return to work as soon as you feel able and if performing your regular job is possible given your activity restrictions (otherwise we will discuss return to work at your first post-op visit).
3. **BANDAGES/SPLINT:** It is not unusual for some blood to show through on the dressing. Some bloody drainage is expected, and may last up to 24 hours. If your dressings become soaked, you may reinforce them with gauze pads available at any pharmacy. The splint and dressing should cover the wounds and support the arm but should not feel overly tight or uncomfortable. If it seems too tight you should undo the ACE only, and then re-wrap the arm with the ACE a little looser. If it continues to be too tight call the office or go to the ER if it is after hours. Your bandage/splint should otherwise remain on until your follow-up appointment.
4. **MEDICATIONS:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (Naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication (DVT prophylaxis).**
5. **SHOWER:** You may shower after 48 hours only if you are able to keep the dressing and splint completely dry otherwise you will need to take sponge baths. You must keep the incisions **DRY!** Try taping plastic wrap or plastic bag around the area while showering (or there are commercially available products you can find in a pharmacy). Do not take a bath or submerge the knee under water until told to do so.
6. **STITCHES:** There are stitches in the skin. After 7-10 days we will remove the sutures in the office.
7. **EXERCISES:** The arm and forearm muscles will shrink in size and strength quite rapidly unless they are exercised. Simple exercises should be started as soon as possible. The best exercises are as follows:
  - a. Without moving your elbow, clench the arm and forearm muscles tightly. Hold the muscles clenched tight for 5 seconds, and then relax. Repeat this exercise 10-20 times every 30-60 minutes. You should try to do at least 100 per day to keep the tone and strength in the muscle.
  - b. You cannot bend the elbow.
  - c. You can move your shoulder and fingers as soon as you feel comfortable.
  - d. The need for physical therapy will be discussed at your follow-up visit.

- 8. COMFORT:** Pain and swelling after surgery is to be expected. While swelling is a normal response to the surgery, it can contribute to your pain. Using ice regularly and elevation (place your arm above the level of the heart) is the best way to decrease your pain and swelling. It is critical that you spend the first week after surgery with your arm elevated above your heart as much as possible. If the following develop and persist after 24 hours, please call the office:
- a. Fever over 101 degrees.
  - b. Swelling in the arm, forearm or hand which does not respond to loosening of the ace wrap/bias wrap and ice/elevation.
  - c. Increasing pain in the arm and forearm.
  - d. Discharge or drainage through the dressing which continues greater than 24 hours.
- 9. FOLLOW-UP:** Please call the office (549-8249) the day after your operation and make an appointment for 7-10 days after your procedure. You will be checked, your dressing and splint will be removed (you may require additional bracing); x-rays will be taken if necessary, your procedure discussed and your rehabilitation will be planned.

