



# TENNIS ELBOW SURGERY

## Lateral Release

### *Immediate Post operative period*

#### **Pain control**

Medication for pain:

1. Percocet which is a short acting pain medication and taken one or two pills every 3 to 4 hours as needed

We will call you at home the day after your surgery to see how you are doing and to answer any questions you might have. At that time we will as to set up your follow-up visit if not previously scheduled.

#### **Office Visit**

The first post operative visit will take place the week following surgery. At that time, sutures are removed, exercises reviewed, and physical therapy, if appropriate, scheduled. Exercises as well as more detailed instructions and return to school or work will be reviewed at that time.

#### **Showering**

You can place a garbage bag over your arm securing it with tape or rubber band. Hold your arm over your head to insure no water runs in. When your splint is removed and sutures removed you may shower normally.

#### **Sling**

Adjust your sling to comfort to best support your shoulder. Neck, wrist and arm straps should not be too tight. Right away (even in the hospital) it is permissible to loosen your sling and bend and straighten your elbow, wrist and fingers. After a day or two you may remove your sling completely or for long periods.

1. Release wrist strap and exercise fingers wrist and elbow.
2. When lying down place a pillow behind your elbow for comfort.
3. Begin moving your shoulder as soon as possible.
4. Extend your elbow each day until the arm is completely straight.

Please call the office if you have temperature greater than 101, degrees difficulty voiding or shortness of breath. Staining of the dressing is expected.