

What To Expect After Medial or Lateral Epicondylitis Repair

Day 1-10:

- Prior to leaving the operating room, a bulky bandage and an ACE wrap will be applied to your elbow.
- **Control swelling:** following discharge you should go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes once per hour. Make a full fist many times per hour, if painful you may use the opposite hand to bring the operative hand into a fist. This will reduce swelling. If the swelling does not reduce, loosen the ACE wrap around the elbow.
- **Control pain:** you will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain. Be sure to take a stool softener if taking opioids.
- **Dressings:** Dressings may be removed after 3 days. Leave the steri-strips in place. You may shower after the dressings come off. No baths, soaking or hot tubs for 3 weeks.

We can increase the pain medication if you're uncomfortable. Feel free to call the office at **650-723-5256**, or call the surgery scheduler. If it is after hours there is always someone available at Clinical Advice Services at **650-723-4000**.

Day 0 - 6 weeks:

- No lifting more than a coffee cup.
- May begin full range of motion of the elbow.
- Shoulder ROM exercises and strengthening may be done several times daily.

6 weeks to 3 months

- May begin activities of daily living with affected hand.
- May begin ISOMETRIC strengthening of the arm, hand and wrist.

3 months

- Unlimited strengthening program.
- May return to golf, tennis, cycling or any other sports.