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## **After Surgery**

### **Instructions after Medial and Lateral Release and Epicondylectomy**

**General Information:** During surgery a local anesthetic was injected into your elbow, so after surgery your elbow, wrist, and fingers may be numb from 4 to 48 hours.

- Pain Management** Take the prescribed pain medication for pain. Follow the direction on the package. If there are any question regarding the pain medication, please call our office. If you wish, you may take over-the-counter pain medication such as acetaminophen (Tylenol), ibuprofen (Advil, Nuprin, or Motrin), naproxen (Aleve) instead. It is recommended to take pain medication with food.
- Icing and Elevation** To decrease swelling, it is helpful to elevate your hand above your heart and apply an ice pack to your palm for the first 24 hours. You may use a sling if you wish for the first 24 hours after surgery, but remember a sling will typically keep your hand below your heart.
- Dressings** Keep the dressing clean and dry. During surgery you will be placed in an elbow splint. If the Ace bandage feels tight, unwrap the Ace bandage and rewrap it so it feels comfortable. Do not change the dressing or apply bacitracin to the wound unless specifically instructed.
- Activities** You are encouraged to move your exposed fingers as soon as is comfortable so that they do not become stiff. At your post-operative appointment we will schedule you an appointment for that day with a physical therapist.
- Follow-Up** You should have a follow-up appointment for approximately 14 days after surgery. If you do not have a follow-up appointment, please call the office to arrange one.

If something seems wrong or out of the ordinary please contact the office at 925-355-7350