POST OPERATIVE INSTRUCTIONS

• Lateral Epicondylitis  = Partial Lateral Osteotomy/ Common Extensor Origin Release
• Medial Epicondylitis  = Partial Medial Osteotomy/ Common Flexor Origin Release

Post Operative

Dressing
- Keep dressing clean and dry.
- Remove dressing after 72 hours and place a clean band aid over your incisions. Change this band aid 1 time a day until your next appointment.
- You may reapply your ace wrap around your elbow to help with swelling. Start at the bottom of your elbow (the side closest to your hand) and wrap upwards (towards your shoulder). Apply it tight enough that you are providing some compression, but not so tight that you are cutting off your circulation.

Showering
- You may shower after dressing is removed after the first 72 hours.
- Gently wash the incision with soap and water. Do NOT scrub. Once you are out of the shower, pat the area dry and apply new dressing as directed above.
- Do NOT submerge your incision (pools, baths or hot tubs) for at least 3 weeks after surgery. You should not submerge your incision until it is completely healed.
- Do NOT use any powders or creams on your incision.

Sling
- Remain in your sling the majority of the time for the first 4 weeks.
- You may come out of the sling at night, while bathing, sitting quietly resting, and to perform your home exercises as outlined below.

Driving
- You may ride in a car immediately after surgery. If you are going to be in the car for long periods of time, we recommend getting out or the car at least 1 time an hour to walk around.
- You may drive the day after surgery, once the anesthesia has worn off.
- We recommend practicing in a parking lot to ensure you are able to control the vehicle.
- Remember, you are NOT allowed to drive while taking any pain medicine.

Activity
- Gentle active use of the upper extremity is allowed after surgery for activities of daily living. This includes washing your face, feeding yourself, reading, writing and dressing. Do NOT lift anything heavier than a coffee cup.
- No pushing, pulling or lifting anything for at least 4 wks after surgery.
Limited typing (1-2 hours a day) is allowed immediately after surgery. We recommend adjusting your seat and/or keyboard, so that your wrist is in a neutral position.

Movements of the wrist can also affect the elbow so avoid gripping or power squeezing for at least 6 wks. i.e. Using garden tools, Lifting a suitcase

Also avoid leaning on your elbow or weight bearing on the operative extremity for at least 4 wks. If you use a cane or walker, you may use your operative extremity for balance only.

Physical Therapy
You may start working on some gentle ROM exercises immediately after surgery.
This includes:

1. **Wrist Flexion Stretch**
   - Hold your operative arm out straight in front of you with your palm facing down.
   - Bend at the wrist so that your fingers are reaching towards your toes.
   - Gently grasp your operative fingers with the other hand and pull them back towards your body creating a gentle stretch.
   - Hold the stretch for 10 seconds.
   - Do this for 5 repetitions and repeat 3 times a day.

2. **Wrist Extension Stretch**
   - Hold your operative arm out straight in front of you with your palm facing down.
   - Extend at the wrist so that your fingers are reaching towards your face.
   - Gently grasp your operative fingers with the other hand and pull them back towards your body creating a gentle stretch.
   - Hold the stretch for 10 seconds.
   - Do this for 5 repetitions and repeat 3 times a day.

3. **Wrist Supination Stretch**
   - Hold your operative arm against your side with your elbow bent to 90 degrees and your palm facing down.
   - Rotate at the wrist so that your palm faces up, making sure to keep your upper arm against your side.
   - Gently grasp your operative fingers with the other hand and continue to rotate your wrist creating a gentle stretch.
   - Hold the stretch for 10 seconds.
   - Do this for 5 repetitions and repeat 3 times a day.

4. **Wrist Pronation Stretch**
   - Hold your operative arm against your side with your elbow bent 90 degrees and your palm facing up.
   - Rotate at the wrist so that your palm faces down, making sure to keep your upper arm against your side.
   - Gently grasp your operative fingers with the other hand and continue to rotate your wrist creating a gentle stretch.
   - Hold the stretch for 10 seconds.
   - Do this for 5 repetitions and repeat 3 times a day.
It is also important to make sure you come out of your sling several times a day and gently stretch your shoulder, so that your shoulder does not get stiff after your surgery.

**Icing and Elevating**
- We recommend icing and elevating as much as possible after surgery to help with pain and swelling. We recommend placing a layer between the ice and your skin, and icing for 20 minutes at a time, several times throughout the day. You should wait at least 20 minutes in between icing sessions and should NOT sleep with the ice bag on.

**Medications**
- Take your pain medication as directed. Pain medication can make you constipated, so make sure you are consuming plenty of water and fiber. If necessary, you can also try an over the counter stool softener. You may also take your pain medication with food to help prevent nausea.
- Take your antibiotic as directed. It is important to complete the entire prescription.
- Resume home medications as directed prior to surgery.

**7-10 days Follow Up Appointment**
During your first postoperative appointment it is likely that you will be seen by our Physician Assistant. The intent of this visit is to simply check your incision and go over some basic instructions. The physician will be available if there are any questions or concerns.

**Dressing**
- During this appointment your stitches will be removed and steri strips will be applied to your skin. You may take the steri strips off after 1 week. Do not worry if they fall off sooner.
- You may continue to wear your ace wrap as needed for pain or swelling.

**Showering**
- You may continue to shower, even with the steri strips on.

**Sling**
- Continue to wear your sling as directed above.

**Activity**
- Continue to follow the restrictions outlined above.
- You may now participate in low impact cardiovascular activities as tolerated. This includes walking or biking. You may return to using the elliptical as long as you do not use your operative arm. We do NOT recommend running at this time. Remain in your sling so that you do not use your operative arm. Be VERY careful getting on and off the exercise equipment.
Physical Therapy

- Continue working on the ROM exercises outlined above.
- Formal physical therapy generally is not necessary after this procedure. However, if necessary or desired, we are happy to write you for therapy during this apt.

4 Week Follow Up Appointment

Sling

- You may now discontinue wearing your sling.

Activity

- You may now start gradually increasing your activity level but NO pushing, pulling or lifting anything greater than 5 pounds for 12 wks after surgery.
- You may now start typing (up to 8 hours a day) as tolerated.
- You may now start chipping and putting at this time, but we do not recommend golfing for at least 12 wks after surgery.
- You may now start running at this time.

Physical Therapy

- Continue to work on your ROM exercises.
- You may now start working on some gentle strengthening exercises. This includes:

1. Wrist Flexion Strengthening
   - Rest your operative arm on a table straight in front of you so that your forearm is supported and your wrist is hanging off the edge of the table with your palm facing up.
   - Using a 1-2 pound weight (the equivalent of a small soup can) gently flex your wrist to 90 degrees and hold for 3 seconds.
   - Relax slowly back down to neutral position or just beyond neutral in a slightly extended position.
   - Do this for 5 repetitions and repeat 3 times a day.

2. Wrist Extension Strengthening
   - Rest your operative arm on a table straight in front of you so that your forearm is supported and your wrist is hanging off the edge of the table with your palm facing down.
   - Using a 1-2 pound weight (the equivalent of a small soup can) gently extend your wrist to 90 degrees and hold for 3 seconds.
   - Relax slowly back down to neutral position or just beyond neutral in a slightly flexed position.
   - Do this for 5 repetitions and repeat 3 times a day.

3. Grip Strength
   - Gently squeeze a stress ball for a count of 3 seconds then relax your grip.
   - Do this for 10 repetitions and repeat 3 times a day.
12 Weeks After Surgery

Depending on how you are doing, we may ask to see you again for a follow up once you are 12 weeks out from surgery. If you are doing well with no pain or problems, you may call and cancel this appointment.

Activity

At this time we will remove your restrictions. You are now allowed to use your elbow to push, pull and lift within reason.

Start slowly and gradually increase your activity level letting pain be your guide.

You may now participate in higher impact activities like golf or weight lifting or manual labor.