

After Your Tennis Elbow (Lateral Epicondylitis) Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky splint on holding your elbow and wrist still
- Leave the splint in place until follow up
 - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your splint

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - You should start taking pain medication as soon as you start getting feeling back, indicating the nerve block is wearing off to avoid rebound pain
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- You are encouraged to fully move your fingers in the splint after surgery
- Elevation is recommended for the first several days after surgery
- Do not lift anything with the arm you had surgery on
- Use your sling as necessary to help hold your arm

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
 - Additional appointments are at 6, 12, and 16 weeks after surgery
- You will change to a custom removable wrist splint at 2 weeks
 - Full time wrist splinting continues until 6 weeks after surgery
- Formal therapy is usually started at 6 weeks after surgery

Results

- Soreness and stiffness often persists until 2-3 months after surgery
- About 80% of patients have a full recovery after this surgery