

Release of Tennis Elbow

Post-Operative Instructions

Pain:

You can expect to have pain after surgery. Take pain pills as prescribed if needed.

Operative Site:

There will be a small incision on the elbow. It will be covered with a dressing and tensor. Your dressing can be removed on day 4 after which you can shower; clean wound gently with mild soap and water and pat dry. Apply gauze and rewrap tensor for comfort. You are to avoid hot tubs, swimming pools until wounds are completely healed. You may apply ice over your dressing if you have a lot of swelling. Apply ice 15-20 minutes at a time every couple of hours to help reduce pain and swelling.

Activity:

Specific instructions regarding physiotherapy and activity will be given to you by your Surgeon. Only very gentle range of motion activities after surgery as tolerated. Avoid repetitive movements such as opening jars, hammering, after surgery to prevent stiffness and swelling. Elevate arm up on a pillow while at rest to reduce swelling. Move your fingers constantly to ensure proper circulation.

Diet:

Day of surgery – light diet, the next day resume your normal diet. You are encouraged to add extra fiber and fluids in your diet to prevent constipation.

Follow -Up:

You will be given an appointment for follow-up in approximately 2 weeks. When you return to work is individual, depending usually on the type of job you do. Your Surgeon will discuss this with you.

[Continued On Other Side](#)



Queensway Carleton
Hospital

If you are a Day Surgery patient, a Nurse from Day Surgery may call you the day after surgery to discuss any concerns you may have.

Additional Information:

After surgery watch for:

- Infection
 - wound becomes red, hot, swollen
 - high fever, chills
 - foul smelling greenish yellow discharge from wound

- Excessive bleeding

- Severe pain not relieved with pain medication.

- Severe swelling

- Persistent tingling and numbness of your fingers, fingers are cold and blue which could indicate your dressing is too tight.

If you have any of the above problems please notify your Surgeon or go to the Emergency Department.

Do not take any Aspirin or medication containing Aspirin until advised by your Surgeon.