



Duke Orthopaedics: Upper Extremity Division

Christopher Klifto, MD & Alix Ackerman NP-C

3609 SW Durham Dr, Durham, NC 27707

Discharge Instructions after Lateral Epicondylitis Debridement with or without Tendon Repair

Dressings:

- You were placed in a splint following surgery. Leave the splint in place until your follow-up appointment. The dressing/splint CANNOT get wet. If it gets wet, please contact the office for recommendation about splint care needs
- The dressing CANNOT get wet for the first 3 days. If it gets wet, please contact the office for recommendation about wound care needs

Pain Management/Medications:

- You were given a block for your operative arm. The block can last up to 12 hours where you have no pain, but expect normal post-operative pain as the block is wearing off.
- You may use ice on the elbow through the dressing intermittently over the first 48 hours after surgery and as needed thereafter for pain and swelling control.
- Please resume all normal medications the day after surgery unless otherwise instructed.
- Pain medicine has been prescribed for you. Use your medication liberally as directed over the first 48 hours, and then begin to taper your use.
 - No driving or drinking alcohol while taking narcotic pain medication
- You may take Extra Strength Tylenol or Tylenol in place or in conjunction with you prescribed pain medication. Do not exceed 4,000mg Tylenol per day (including Tylenol in certain prescribed pain medications like Percocet or Norco)

Activity:

- Avoid weight bearing with the operative upper extremity until your follow-up appointment. Do not push or pull with that arm. Do not lean on operative side through hand or fingers.
- You are able to, and encouraged to, move your fingers hand, and wrist immediately following surgery. There are no restrictions on the movements of the hand or wrist.
- No lifting greater than 1-2 pounds.
- Showering: cover arm with garbage bag and tape to prevent ANY moisture getting to the splint until your follow-up appointment.

Contact:

- Contact the office or emergency on-call resident if you notice any of the following:
 - Excessive redness or warmth of the incisions
 - Drainage for more than 4 days after surgery
 - Fever of more than 101.5 F
 - Worsening numbness of the hand
 - Pain, redness, and swelling in your leg

-Go directly to the closest Emergency Room if you develop chest pain, difficulty breathing, or any complications that require immediate attention.

Follow-up:



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You should have a post-operative appointment about 14 days after your surgery. A post-op appointment should already be scheduled for you. If you do not have an appointment in 2 weeks or if you need to change the appointment, please call 919-471-9622.