**SURGICAL SERVICES**

Post-Operative Instructions

Release of Tennis Elbow

**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 🡪

Information is available in alternate formats upon request

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.**

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.