

SURGERY FOR MEDIAL EPICONDYLITIS “GOLFER’S ELBOW”

Postoperative Instructions:

1. You will be in a sling and soft bandage until the first post-operative visit. Beginning the day after surgery, light use of the hand is okay. It is okay to use the elbow and hand for writing, typing, texting, eating, and taking care of yourself. No heavy lifting or pushing greater than 1-2 pounds. Full flexion and extension of the fingers are encouraged to avoid stiffness. The sling can be removed while resting and sleeping.
2. Cover the bandage for showers and keep it dry. Mild swelling and bruising are normal as is mild tingling in the fingertips. Ice and elevation can be helpful. If the swelling persists or the bandage feels too tight, it is ok to remove the outer ace bandage and re-wrap it a bit more loosely. If the swelling is excessive or you feel something is wrong, please call. If the bandage gets soiled or unraveled, it is ok to downsize it at 5-7 days from surgery but continue to keep it clean and dry.
3. A prescription medication will be sent to your pharmacy. That medication is to be taken as needed for pain. If over-the-counter medications provide satisfactory pain relief, the prescription medication can be stopped.
4. It is okay to drive if you feel safe to. However, do not drive while taking the prescription pain medication.
5. The typical first follow-up is 10-14 days from surgery. The sutures will be removed at that first postoperative visit and steri-strips will be applied. At that point you can get the incision wet but avoid submerging underwater until the incision is healed. The steri-strips will fall off on their own and there is no need to replace them.
6. At this point stop the sling and begin stretching the elbow. The goal is to obtain full range of motion. Continue to avoid all heavy lifting and avoid repetitive activities. If full range of motion is not obtained by 3-4 weeks from surgery, call us and we will initiate formal physical therapy.
7. At 5-6 weeks, formal physical therapy begins for progressive strengthening and desensitization. Continue home stretching and avoid heavy lifting. The goal is to progress back to normal activities as tolerated by the 10-12 week point from surgery.

If you have any further concerns, please do not hesitate to call us.

FOLLOW-UP APPT:



Dr.Zanaros Golfer's Elbow Video