



ANDREAS SAUERBREY, M.D.

Instruction Following Lateral/Medial Epicondylar Debridement

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Follow-up Appointment:

- Call **970 879-6663** to schedule your appointment next week in Steamboat, Craig or Rock Springs.
- Your sutures will be removed and your splint will be made removable.
- Your work restrictions and return to work time frame can be discussed.

Diet:

- Regular diet as tolerated.

Medication Regimen:

- Use pain medicine as directed and as needed. You will usually be given Percocet/Norco for pain. These contain Tylenol as well as narcotic medication.
- Refer to your prescription bottle for directions.
- You may take ibuprofen (Advil/Motrin) in addition to your narcotic medication.
- Do NOT take additional Tylenol.
- Do NOT drive while taking narcotic pain medication.
- Narcotic medication can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

Ice:

- Ice regularly applied to the elbow can help with pain control and swelling.
- You may apply ice over the dressing for 20-30 minutes at a time.
- Continue using the ice for the first 7-10 days.

Activity:

- You may bend and straighten the fingers and thumb to keep mobility.
- The elbow and wrist are immobilized in the splint, wear the sling for comfort.

Elevate:

- Elevate the elbow above the heart to help with swelling.

Wound Care:

- Leave your dressing/splint in place until your follow-up appointment next week.
- If the ACE wrap feels too tight, you may take the ACE wrap off and re-wrap.
- No soaking in a pool or hot tub until stitches have been removed and there are clean scars and no scabs.

Prophylaxis against blood clots:

- To prevent the development of a blood clot, you may be given TED hose stockings.

- You should wear these for two or three days until you are active again
- If you have a history of blood clots or additional risk factors for developing a clot, you may be asked to take blood thinners such as Aspirin, Lovenox or Xarelto.

You can expect the following:

- Blood stained dressing.
- Bruising around the incision.
- Increased pain on the 2nd day.
- Throbbing pain after keeping the hand dependent.

Call the doctor if any of the following are present.

- Increased swelling or numbness.
- Unrelenting pain.
- Fever or chills.
- Continuous drainage from the wound.
- Continued bleeding from a wound.
- Difficulty breathing.
- Inability to urinate.
- Excessive nausea or vomiting.

If you have any questions or concerns, please do not hesitate to call us at 970-879-6663.