



## Lateral/Medial Epicondyle Debridement/Repair

### Discharge Instructions

- Comfort
  - Discomfort increases 6-24h after surgery due to anesthetic/nerve block wearing off (if a nerve block was performed). This can be helped by oral pain medication. It is safe and normal.
  - Cold therapy – This will greatly reduce pain and will help with swelling for the first three days. You may use it 20 minutes on, 20 minutes off, as often as you wish. Always keep a cloth barrier, such as a towel, between the cold and your skin.

### Medication

- For constipation – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For pain – you can take weight-based ibuprofen (advil/motrin) and acetaminophen (Tylenol) for pain

### Activity

- Sling as needed
- Physical therapy will begin after your first post-op appt

### Wound Care

- You will be in a splint with a bandage and ACE wrap, you can loosen the ACE wrap but do not remove the splint or white bandages underneath for 3-5 days. You can shower during the first 3-5 days but do not get the arm wet (i.e. use a bag, hold it out of the shower, etc.).
  - Once you take off the dressing, you can look at the wound. Make sure it is not red, draining, or painful. If you have any concerns, you can email a picture to [info@genesisortho.com](mailto:info@genesisortho.com). Keep the wound clean, dry and covered. After this, you can shower and let water run over the wound, but no scrubbing or soaking.
  - You will have clear sutures that will be cut at your first post-op

### Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

### Call your physician if:

- You develop a temperature over 100.3 degrees.
- You notice any drainage of the incisions 5 days or later after surgery.
- The arm becomes hot to the touch, red, intolerably painful, or swells suddenly. (Note some warmth, pain, and swelling are normal.)
- You have persistent pain and / or swelling in your calf.



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**Nolan Horner - MD**

- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.