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**Sports, Revision Sports and Regenerative Sports**  
**Orthopaedic Surgeon**  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship(California, USA),  
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Diploma in Football medicine (FIFA)

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NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

## **POST- OPERATIVE INSTRUCTIONS - ELBOW DEBRIDEMENT & REPAIR MEDIAL EPICONDYLITIS**

### **WOUND CARE**

- A plaster splint will be placed on your arm after surgery. You will not be able to bend or straighten your arm. However, gently make a loose fist and spread your fingers apart to keep the circulation moving in your arm.
- DO NOT REMOVE THE SPLINT, DO NOT REMOVE THE DRESSING.
- Use the Ice as often as possible for the first 7 days, then as needed for pain relief.
- A sling will be placed on your arm in the recovery room.
- Rest with a pillow under your elbow.
- Your fingers may become swollen. Moving them frequently will help minimize this.
- You may notice SLIGHT numbness / tingling in your fingers. This is normal for the first 12-24 hours. If this persists, please contact the office. You may be directed to loosen the Ace bandage on your arm.
- You may shower on Post-Op Day #3. Please cover your arm and the splint with plastic wrap and secure it around your upper arm with tape. Gently pat the area dry. Do not get the splint wet – it will break down. Do not soak the elbow in water. Do not go swimming in the pool or ocean until after 1 month of surgery.

### **EXERCISES**

- Wear the sling at all times. You may remove the sling for showering, but keep the arm across the chest.
- Please perform the exercises below up to 2-3 times daily:
  - Hand / Wrist Range of Motion Exercises
  - Grip Strengthening – consisting of opening/closing your hand while holding a soft ball

### **POST-OP**

- You will be given a prescription for pain relief for you to use post-operatively
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL DR. PATHIK SHAH OFFICE**