

STEPHAN J. SWEET, M.D., M.P.H.
A Professional Corporation
Sports Medicine, Arthroscopy, & General Orthopedic Surgery

POST OPERATIVE INSTRUCTIONS DEBRIDEMENT AND REPAIR OF COMMON EXTENSOR OR

FLEXOR (TREATMENT OF EPICONDYLITIS):

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- Apply sterile gauze to the wounds. Change the gauze daily. Please do not use Bacitracin or other ointments under the bandage. There are white tapes directly on the skin, leave these on until seen by Dr. Sweet. Loosely re-wrap the ace bandage for comfort.
- Use Ice 3-4 times per day for the first 3-4 days, then as needed for pain relief.
- A sling will be placed on your arm in the recovery room. You may remove it when at home and straighten your arm, but you should wear it in public places for about 7 days.
- Rest with a pillow under your elbow.
- You may shower on Post- Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering. Gently pat the area dry. Do no soak the elbow in water. Do not go swimming in the pool or ocean until clear by Dr. Sweet.

EXERCISES

- Avoid lifting heavy items with your operated arm until seen in the office for suture removal.
 - Gentle Elbow Flexion/ Extension (gently bending and straightening)
 - Hand/ Wrist Range of Motion Exercises and Grip Strengthening

POSTOP

- You will be given three prescriptions for pain relief for you to use post-operatively:
 - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first seven days after surgery
 - **IF YOU HAVE HISTORY OF AN ULCER OR DIFFICULTY USING ANTI- INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - Norco or Percocet, strong narcotic, to be used only on an "as needed" basis for pain in addition to the Naprosyn
 - Colace, a stool softener, if you're experiencing constipation.
- 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 wound check 10-14 days post-operatively

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE