

OPERATIVE INSTRUCTIONS
Elbow Surgery – Lateral Epicondylitis
Michael F Shepard M.D.
(714) 634-4567

1. First Post – Operative Day

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**
- C. Do not use your arm for any lifting heavier than a paperback book.**

DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.

2. Second Post – Operative Day Until Return Visit

- A. Continue ice pack as needed.**
- B. You may shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Do this for about fourteen days from surgery.**
- C. You may remove your dressing today. Do not remove your sutures or your steri-strips (small white band aids). After your shower, replace the ace bandages to keep the op site clean and dry.**

For Return Appointments

- 3. Your 1st post-op visit will need to be scheduled for 7-10 days after surgery.**
- 4. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 5. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**