WHAT TO EXPECT AFTER A LATERAL EPICONDYLITIS SURGERY Dr. Erik Dorf

Lateral epicondylitis surgery is common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your injury/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



- 1. **SURGERY DAY**: Following your surgery you will have a splint and ace wrap on your arm, from above your elbow to below your wrist. You will be provided with a sling to help support the arm in the splint. You may remove the sling as desired.
- 2. *FIRST 48 HOURS AFTER SURGERY*: You should ice and elevate the arm as much as possible. It will be difficult to feel the ice through the splint, but should still ice regularly. You can also ice your hand/fingers. Wiggle fingers regularly to help decrease swelling.
- 3. *FIRST TWO WEEKS*: Pain or swelling in the arm is normal. This can be lessened by the use of an ice pack, by elevating your hand above the level of your heart and by the use of your pain medication as needed. You must leave the splint/dressing clean, dry and intact until your first follow-up visit. Bathing is okay with the arm protected in a waterproof cover, such as a kitchen garbage bag and tape. No ibuprophen for the first two weeks.
- 4. AT YOUR TWO WEEK POST OP OFFICE VISIT: We will remove your splint and dressings and check the incision. We will allow you to begin working on gentle elbow motion at this point, but you will continue to avoid heavy lifting/grip. We may order physical therapy to assist with motion if needed.
- 5. 6 WEEKS AFTER SURGERY: You will return to the office and we will check your elbow range of motion. You may begin with a more formal physical therapy protocol at this point if needed to work on motion. You will not begin strengthening yet.
- 6. *THREE MONTHS AFTER SURGERY*: You may begin gentle strengthening exercises in physical therapy.
- 7. **HOW LONG TO GET BETTER?** Most people are mostly better by 6 months and will progress with activity as tolerated. It may take up to a year for you to be fully improved.

Should you have any questions, please call any of our offices at the following numbers: Edwards (970) 569-3240 Frisco (970) 668-3633 Vail (970) 476-7220