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POST-OPERATIVE INSTRUCTIONS

Elbow Extensor Tendon Debridement & Repair

Activity

- Rest the first few days following surgery. When sitting or lying down be sure to keep your arm elevated above the level of your heart to help decrease swelling.
- **Ice** can be used as much as possible for the first 3-4 weeks to help decrease swelling. Ice should be used frequently for 20 minutes at a time.
- Use sling for comfort but begin elbow range of motion immediately with active, active assisted and gentle passive range of motion exercises. NO active wrist extension for 6 weeks; NO resistance activity for 6 weeks.
- Please avoid high force/resistance grasping using your operative hand. Avoid lifting objects heavier than one pound for one month following surgery.
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Day.

Dressings

- The post-operative sling that you were given at the time of surgery is to be used for comfort and does not have to be worn at all times. Start moving your elbow as soon as possible.
- Keep your dressing clean and dry until your first follow-up visit. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry. **DO NOT SOAK** your arm in a bath tub.

Medication

- Take prescribed pain medication as needed
- You have been prescribed one of the following **pain medications**:
 - Oxycodone– Please take 1-2 tabs every 4-6 hours as needed for severe pain.****You will be provided only ONE narcotic pain medication prescription- no refills following your surgery****

- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Please take Tylenol, 1000mg every 6 hours for the first 3 days as this has significantly less side-effects compared to narcotic pain medication. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You may have been given a prescription for Aspirin- take 1 (81mg) tablet with breakfast for 30 days as your DVT/blood clot prophylaxis.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.
- Excessive use of pain medication can lead to an increased incidence of side effects and long- term dependency issues. Please take the pain medication as directed and understand that the medications are meant to minimize pain in the initial post-operative phase but may not relieve pain completely.

Physical Therapy

- The need for a timing of outpatient physical therapy will be determined by Dr. Day and discussed at your first post-operative visit.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment 10-14 days after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incisional drainage, numbness, or calf pain.
- If you have any questions or concerns please feel free to call the office.