

# **Orthopaedic Specialist of Texas**

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*Timothy Sitter, MD*

## **Tennis Elbow Release**

### ***Before Surgery***

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex and Mobic up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is an outpatient surgery. Please have someone there to take you home after surgery.

### ***After Surgery***

1. You will be placed in a posterior splint after surgery. Please keep bandages clean, dry, and intact and wear at all times. You may loosen Ace wrap if too tight or if fingers are throbbing.
2. Elevate your hand and forearm with pillows and place ice over finger tips for first week to decrease pain and swelling.
3. You may start taking all of your previous medications after surgery.
4. Do not lift or use affected arm or hand for activities for at least one week.
5. You will return to the clinic one week after surgery to have your splint and stitches removed and for a post-operative check up.
6. At the post-op check-up you will be set up in physical therapy.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.