



DAVID M. BELL, M.D. ORTHOPAEDIC SURGERY & SPORTS MEDICINE  
5924 STONERIDGE DRIVE, SUITE 202 PLEASANTON, CA 94588 925-600-7020 BELLSPORTMED.COM

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## Postoperative Instructions: Elbow Epicondyle Repair

### When you get home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Use Ice as much as possible: It may not fully cool the elbow below the dressing, but it is still beneficial.  
20 minutes on/20 minutes off for regular ice packs/frozen peas.

If you are using a cold therapy machine, use it according to the manufacturer's instructions.

### Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin, Norco, Percocet, Ultram, Codeine) help with pain, but can cause:

Drowsiness:

Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset:

Take with food, or try over the counter Zantac or Tums.

Constipation:

Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

### Dressing and Wound Care:

You will have a soft bandage around the elbow.

You can change the bandage in 2 days (keep the steri-strips on the skin).

You can shower two days after surgery- you can cover the incision using a plastic bag.

At your first postop visit we will remove your sutures.

Brace: You will be in an elbow brace for three weeks.

You can remove it for showering, just keep the elbow at your side.

Sling: You will be in a sling to help support the arm in the brace.

### Activities:

Resume light activities (walking, etc.) after a few days.

You'll be getting around your house well within a few days.

Driving: Only after you are SAFE, which means:

Off pain medications, and able to control a vehicle safely

It can be difficult to control a car with one arm in a sling or splint.

### Exercises:

Begin gentle hand exercises immediately:

Move your thumb and fingers around several times during the day

Do not use the hand for any strong grasping, to allow your repair to heal.

### Problems or Questions? Call us at 925-600-7020

Feel free to call us if you have any concerns, or for:

Unrelenting pain, or increasing swelling or numbness or high fevers (over 101.5 )

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath