

POSTOPERATIVE INFORMATION

SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

www.gamradtortho.com

Keck School of
Medicine of USC

PATIENT STICKER

POST-OPERATIVE INSTRUCTIONS – DEBRIDEMENT AND REPAIR OF COMMON EXTENSOR OR FLEXOR (TREATMENT OF EPICONDYLITIS):

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- Apply sterile gauze to the wound. Change the gauze daily. Please do not use Bacitracin or other ointments under the bandage. There are white tapes directly on the skin, leave these on until seen by Dr. Gamradt. Loosely re-wrap the ace bandage for comfort.
- Use Ice 3-4 times per day for the first 3-4 days, then as needed for pain relief.
- A sling will be placed on your arm in the recovery room. You may remove it when at home and straighten your arm, but you can wear it in public places for about 7 days.
- Rest with a pillow under your elbow.
- You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering. Gently pat the area dry. Do not soak the elbow in water. Do not go swimming in the pool or ocean until clear by Dr. Gamradt.

EXERCISES

- Avoid lifting with your operated arm until seen in the office for wound check and brace application.
 - Gentle Elbow Flexion / Extension (gentle bending and straightening)
 - Hand / Wrist Range of Motion Exercises and Grip Strengthening

POST-OP

- You will be given two prescriptions for pain relief for you to use post-operatively:
 - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery.
**** IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - VICODIN or PERCOCET, a strong narcotic, to be used only on an “as needed” basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for wound check, 7-10 days post-operatively.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.