

## **Elbow debridement for Lateral or Medial Epicondylitis**

### ***What is Epicondylitis?***

This is an inflammatory response in the tendon of the inside or the outside of your elbow. There is degenerative tearing in the tendon fibers which causes pain and inflammation.

### ***What is an Open debridement?***

An incision is made in line with your muscle fibers of the elbow and the degenerated and diseased tissue is removed from the elbow. The bone of your elbow is freshened up to stimulate a healing response and the tendon is repaired.

### ***Length of Stay***

This is same day surgery. You will need to have someone drive you home after you have been discharged.

### ***Anesthesia***

This procedure is performed under general anesthesia, which means you are asleep.

### ***Incision***

You will have an incision on the inside or the outside aspect of your elbow depending on the type of epicondylitis you have. After the incision has healed, it is usually very thin and not very noticeable.

### ***Pain***

You will have pain medication prescribed for you prior to discharge. Use your medicine liberally over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Ibuprofen in place of the pain pills

### ***Dressings***

You will go home with a clear tegaderm dressing and a wrist splint. You are to leave the dressing in place for up to 2 weeks. You may shower after surgery with the tegaderm in place.

### ***Physical Therapy***

For the first two weeks of recovery you will perform easy range of motion exercises at home. Depending on your preference, at weeks 3-6 you will start a gentle stretching and strengthening program at home or you may be referred to formal physical therapy. If you prefer to perform the rehabilitation at home on your own, Dr Acevedo can give you a program with the MyHealthTrack app.

***Restrictions***

Recovery from this surgery is three months. During the first 6 weeks patients are able to use there arm and most activities are tolerable by about 6 weeks. Dr. Acevedo will discuss your restrictions during your follow up appointments.

***Follow Up Appt***

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

**DR. DANIEL C. ACEVEDO FAAOS**  
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