

## Post-operative Care following Elbow Extensor Tendon Debridement

You will be seen in the office for your first post-operative visit 7 to 10 days from your surgery. This appointment is often made when you book your surgery date. During this visit, your splint will be removed and your incision will be checked. **If you are unsure of, or need to schedule, an appointment, call (516) 622-6040.**

### WOUND CARE

You will have an approximately two inch incision over the outer part of your elbow. This incision was closed using absorbable sutures, then covered with Steri-strips. Your splint and sling will remain on until your first post-operative visit. At that time, the splint will be removed and your incision will be checked.

You may shower following your first post-operative visit. You should not put any soaps, lotions or ointments on the incisions. You may allow water to run over the incisions, which should be patted dry immediately after showering.

### PAIN MANAGEMENT

You will be given a prescription for pain medication following your surgery. Understand that this medication may hinder your ability to drive. It is important to avoid drinking alcohol in combination with this medication. You will also be given an antibiotic following surgery. It is important to take all of the antibiotic pills prescribed to you.

### ACTIVITY

Once your splint is removed, you should start moving your elbow as you can tolerate. In most cases, you will not need to attend physical therapy. This will be discussed at your first post-operative visit.

You may begin driving as soon as you feel that you can safely and easily grip the steering wheel unless instructed otherwise at your first post-operative visit.