

Tennis elbow surgery

These instructions are intended for printing. The instructions contain sections to be filled in.

Procedure

The procedure is performed under local anaesthetic. The procedure involves making a cut about 2 centimeters long in the elbow and making small holes with a special instrument into the tendon being treated at intervals of 5 millimeters.

Recovery

You will need to wear a sling for a few days and keep your wrist at rest. Start moving your elbow joint and wrist in gentle movements with no resistance. You can start to gradually put strain on your elbow and wrist 2 weeks after the procedure. We will provide you with a personal exercise programme for strengthening exercises after the operation.

After three to four weeks, you can start your normal work and leisure routines, such as lifting heavy objects. Strenuous exercise, such as weightlifting, is not allowed until four to five months after the procedure.

Wound care

After the procedure, a dressing pad will be placed on your wound. Two days after the procedure you can take a shower. Remove the dressing pad before the shower. Keep a clean dressing pad on the wound until the stitches are removed. The stitches will be removed 10 days after the procedure at the health Centre, occupational health clinic or child health clinic (_____/____). You can go to sauna 24 hours after the stitches have been removed.

Pain management

Regular painkillers, rest and cold therapy will reduce pain after the procedure. We recommend you take painkillers regularly for four to five days and after that as needed:

Paracetamol

Anti-inflammatory painkiller

Follow-up check is usually not needed.

Sick leave is about three weeks depending on how strenuous your work is.

Contacting us

If you have symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please contact your health Centre or the unit that treated you:

Day Surgery Unit on weekdays 7.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.