

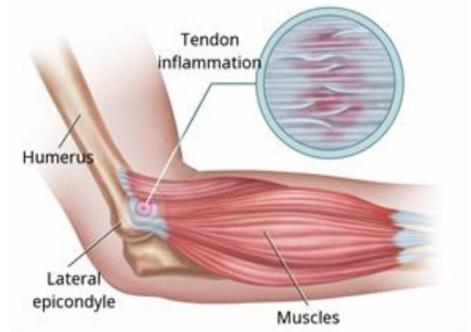
## Surgical Patient Education

# Lateral Epicondyle Release (Tennis Elbow) Surgery

## What is Lateral Epicondyle Release Surgery?

Open lateral epicondyle release is performed to relieve symptoms associated with tennis elbow/epicondylitis.

The surgeon will make an incision and cut the extensor tendon and clean out adhesions and scar tissues that aggravate the elbow joint.



## What are the Risks?

- **Infection** - There is always a risk of infection when you make surgical cuts to the skin, this is minimal with a lateral epicondyle release.
- **Bleeding** - There is a risk of bleeding but it is also minimal with lateral epicondyle release surgery.
- **Injury to the radial nerve** - The area that is released is around the radial nerve so there is a risk of injuring the nerve but this is also minimal.

# What happens during the procedure?

- You will be taken to the operating room or pre-procedure area and, depending on what the surgeon decides, you may receive a block to numb your arm and medication to make you sleepy.
- You will be placed on monitors and watched closely.
- After you are sleepy and your arm is numb, the surgeon will make an incision on your elbow and perform the release/debridement.
- The skin will then be sutured closed.
- A bandage/dressing will then be placed and wrapped around your elbow. You may also have a splint. You will be taken back to the pre-operative room once you are awake.

## Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure to check with your surgeon's office and anesthesia to see what medications to stop.
- You will not be able to eat or drink before surgery, it is important that you follow instructions.
- You must have someone drive you home following surgery and someone needs to stay with you for 24 hours.
- You will be asked to shower the night before or morning of surgery.

## After Surgery

- There will be a bulky dressing on your elbow and possibly a splint.
- If a block was done, your arm will be numb. This will last often for a day or more.
- If you shower, use a waterproof dressing or bandage to cover your dressing to your elbow, do not get it wet.
- You may be given a prescription for medication for pain, sometimes this can also be over the counter. It is important to take the medicine as prescribed and alternate the medicine to get maximum pain control.

# Recovery After an After Lateral Epicondyle Release Surgery

## How long will I be out of work?

- Prepare to be off work or on light duty for a possibility of up to 3 months if your job requires heavy work/lifting.
- The recovery may be shorter or longer and you can sometimes go back to work within a few days depending on your job and activities performed at your job.