



**DAVID B. COHEN, M.D.**

84 North Main Street Bld#2 Branford, CT 06405 203.483.2024

**CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS**

DISCHARGE/HOME INSTRUCTIONS  
Golfer's Elbow Surgery (Medial Epicondylitis)

Patient Name:

**Follow up appointment:**

- If you do not already have an appointment, call Dr. Cohen today or tomorrow to arrange to be seen in 10 – 14 days.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery period at home:

**DIET:**

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

**MEDICATIONS:** It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (i.e. Colace/Miralax) regularly.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Percocet (oxycodone). Take 1-2 when you are aware of soreness and then every 3-4 hours as needed.
- Naproxen, an anti-inflammatory, should be taken twice a day with food for 7-10 days. If stomach upset, do not take.

**DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.**

- Remove dressing in 3 days. **Do not remove tape strips** on surgical site. Apply Band-Aids
- Please do not use bacitracin or other creams on the wounds.

**ACTIVITY:**

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.
- You may use your sling as needed for a week.
- Apply ice 2-3 times daily for 3 days. (30 minutes on, 30 minutes off). You should use it after physical therapy as well.



- IF YOUR HAND BECOMES VERY COLD OR BLUE, REMOVE THE ACE BANDAGE AND FLUFFY WRAP AND RE-APPLY LOOSELY. IF THIS DOES NOT IMPROVE, CALL THE OFFICE AND ASK TO SPEAK WITH DR. COHEN.
- May shower but keep the dressing or incision sites covered with either plastic wrap secured with tape or waterproof band-aids. Do not remove the tapes covering the incisions. No baths, hot-tubs, or swimming.
- Your fingers may be swollen and stiff the morning after surgery. This is normal. This will improve after you have removed the bandages and when you begin moving your hand and fingers.
- Do not lift anything heavier than a soda can, shake hands, or push open doors with the operated arm.
- Exercises to be performed 2-3 times daily:
  - Gentle bending and straightening of the arm/elbow
  - Wrist bending up and down out of brace
  - Gentle squeezing of tennis ball with hand
  - Call the STAR PT office of your choosing to set up therapy to start within the first week (you may use another facility if you desire).

**NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:**

- Dressing is too tight.
- Fever above 101°F
- Excessive swelling
- Continued nausea/vomiting
- Uncontrolled pain
- Unable to urinate
- Excessive bleeding
- Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

**IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.**

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

\_\_\_\_\_, M.D. \_\_\_\_\_  
 Patient / Escort

**MD OFFICE NUMBERS**

- Branford (203) 483.2509
- Milford (203) 882.3373
- Guilford (203) 453.6340
- Orange (203) 795.4784
- Hamden (203) 407.3500
- Wallingford (203) 265.1800