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Post-op Instructions for Elbow Percutaneous Tenotomy

These instructions are to compliment the information given by the nursing staff and Dr. Berschback. They cover many of the common questions.

Wound Care

- Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. If the ace wrap feels too tight, you may loosen it and re-wrap it.
- You may remove the ace bandage and dressing on the day following surgery. You may re-cover with 4 x 4 gauze pads and tape or a large Band-Aid.
- You may get the incision wet when showering 2 days after surgery. The shower should be brief and the wound patted dry with a clean towel. No baths or soaking until your follow-up.
- If purulent drainage (thick white or greenish in color) is coming from the wound, or the wound has increasing redness, or if you are having a temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

Pain and Swelling

- Do NOT use ice on the area after this procedure until your follow-up. We want there to be some inflammation in the area to promote healthy cellular regeneration.
- Narcotic pain medication may be prescribed for use after you leave the hospital. Try to wean down as tolerated. These medications can cause constipation and you may want to use an over-the-counter stool softener. Tylenol products may be used instead of the prescribed pain medication, and this is encouraged if you are not having much pain. The prescribed narcotic medications should not be taken at the same time as plain Tylenol. Do NOT use NSAID pain medication after this procedure until your follow-up, for similar reasons that we do not want you using ice. If a refill of medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m. In general, refills will not be made after hours or on weekends, so please plan ahead.
- Swelling to some degree is common after surgery. To reduce swelling, elevation is very helpful. Elevate the hand above the heart level for the first few days after surgery. Elevation for 30 minutes every 2-3 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon. When you sleep, try to keep the hand elevated on a pillow.

Exercises

- Gentle finger and wrist range of motion exercises can begin the day of surgery. You may continue to advance your activities as tolerated, but you should avoid heavy lifting.

Driving

- To drive you must no longer be taking narcotic pain pills (plain Tylenol is allowed). Also, you must feel strong and alert.

Follow-up

- Make sure an appointment has been scheduled for you at Chippewa Valley Orthopedics & Sports Medicine for approximately 2 weeks after surgery.

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