PATIENT GUIDE

After Percutaneous Epicondylitis Release

Percutaneous Elbow Tendon Release with PRP Injection

MOTION ORTHOPEDICS

72 DRESSING & INCISION

- Keep the original dressing clean and dry for 72 hours.
- After 72 hours, remove the dressing, place a clean Band-Aid over the wound, and keep the area clean and dry.
- Do not soak, swim, or use a bath or hot tub until the incision is healed and you are cleared.

Rx PAIN CONTROL

- Use acetaminophen as directed for mild or moderate pain, if you may safely take it.
- Use Percocet (narcotic) only as prescribed for strong pain.
- Do not drive or drink alcohol while taking Percocet. Percocet contains acetaminophen, so do not add extra acetaminophen unless your clinician approves it.

ROM GENTLE ACTIVITY

- Begin gentle elbow, wrist, and hand motion as comfort allows. Light daily activity is encouraged.
- Do not force motion through sharp pain.
- Avoid heavy lifting, forceful gripping, repetitive wrist or elbow activity, and sports until cleared.

PRP AFTER YOUR PRP

- Unless your clinician directs otherwise, avoid aspirin, ibuprofen, naproxen, other NSAIDs, and corticosteroids for 7-10 days after PRP.
- Avoid fish oil, flaxseed oil, turmeric, and other anti-inflammatory supplements for 7-10 days.
- Do not stop prescribed aspirin or a blood thinner on your own. Ask your clinician for guidance.

2W Follow-up: Return in approximately 2 weeks for wound evaluation, suture removal, and to begin physical therapy or hand therapy as directed.

! Call Motion Orthopedics promptly if you have:

- Fever above 101.5 F, increasing redness, warmth, drainage, or foul odor.
- Pain or swelling that is rapidly worsening or not controlled by medication.
- New persistent numbness, color change, or unusual coldness of the operative limb.
- Chest pain, shortness of breath, or calf pain/swelling: seek urgent medical care.

Questions? Call 212-355-5555