



## **Elbow Surgery – Discharge Advice**

### **What is tennis elbow?**

This is a very common condition that affects people in the 4<sup>th</sup> and 6<sup>th</sup> decades of life. Pain is felt on the outer side of the elbow, radiating down the outer border of the forearm. This is made worse by the action of gripping or stretching the arm out or turning the palm down.

### **What is golfers elbow?**

This is not as common as tennis elbow. It affects the inner aspect of the elbow. Pain is felt on the inner side of the elbow, radiating down the inner border of the forearm. This is made worse by stretching the arm out with the palm turned upward.

These conditions almost always settle of their own accord, but may last for many months. Symptoms may be relieved by rest and local injections of steroids, but occasionally surgery is required to partially release the tendons causing the problem.

### **After surgery**

Gently exercises within the constraints of the bandage are recommended. If your work involves lifting, gripping and twisting of the forearm, please discuss this with your surgeon when you return to Outpatients Department for removal of the stitches 7 to 10 days after surgery.

### **When you go home and for the next few days**

- Relax and have plenty of rest
- Ensure someone is there to care for you
- Avoid strenuous activity or heavy lifting
- Do not lock your toilet or bathroom door. This will make it difficult for your carer to help you
- Avoid smoking, drinking alcohol, taking sleeping tablets for 24 hours

### **Control your pain**

You may experience some discomfort following the operation. If your pain is severe and/or continues after 48 hours, you can contact:

**Day Procedures Unit at Solihull Hospital 0121 424 4399 between 9am and 4pm**  
**Monday to Friday or Birmingham Heartlands Hospital Accident & Emergency**  
**Department 0121 424 3263.**

### **Eating and Drinking**

- Avoid heavy meals, small snacks are better
- Drink plenty of fluids (not alcohol)

## Information for Patients

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### Resuming normal activity

- Do not operate machinery or other appliances such as cookers, kettles, electric irons for 24 hours following surgery
- Avoid making important decisions or signing important documents for 24 hours
- You will need at 4 – 5 days off work after your operation. You can self certify for one week off if this is necessary.

### Driving

Do not drive for 48 hours following surgery

Please remember that you can contact the Day Procedures Unit or your GP for further advice. If your surgeon thinks it is necessary, an outpatient appointment will be made for you and sent to you through the post. Your GP will receive details of your operation by post.

### Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
  - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
  - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk).

### Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: [patientinformationleafletfeedback@heartofengland.nhs.uk](mailto:patientinformationleafletfeedback@heartofengland.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

## Information for Patients

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Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

**If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.**

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