

Golfer's Elbow

This leaflet gives information for patients and their families who are undergoing a Golfer's Elbow operation. It is intended to be used as a guideline only. Please check with your surgeon for more specific information.

Pre-operative Preparation

You will be asked to attend the pre-admission assessment clinic one to six weeks prior to admission to ensure you are fit for surgery. You will be seen in the pre-admission clinic by the nurse for any necessary pre-operative tests, which may include blood tests and a cardiogram (ECG). If you are unlikely to require any pre-operative tests, your assessment may be carried out by telephone. You will be admitted on the day of surgery unless there are any medical reasons which may require you to be admitted the day before the operation.

What is Golfer's Elbow?

Golfer's elbow is the common name given to a painful condition which affects the inner part of your elbow bone. It can also be called medial epicondylitis. Golfer's elbow develops when the muscles of the hand and wrist which attach to the inner part of your elbow become inflamed.

The Operation

The operation is usually performed under a general anaesthetic. It may also be performed under a regional anaesthetic – where only your affected limb is anaesthetised by an injection of local anaesthetic either into your armpit or neck.

An incision is made over the inside of your elbow. This allows the affected muscle to be assessed and released. The incision will be closed with sutures. Please remove all rings and jewellery from the arm you are having the operation on. Although most patients will go home on the day of the procedure, occasionally some patients may require an overnight stay. All patients are required to bring an overnight bag.

After the Operation

You may feel some pain/discomfort after the operation. It is advised to take simple painkillers such as paracetamol and ibuprofen which should be suitable to relieve this discomfort. Please bring these tablets with you on the day of the operation.

Keep your affected arm elevated in the sling or on a pillow for 24-48 hours. Avoid lifting any heavy objects. Gentle hand, finger and shoulder exercises will help prevent stiffness and swelling. You will need to keep your dressing dry until it is removed.

Most people are able to return to driving after one week or when you feel safe to do so and fully in control of the vehicle. Please also check with your insurance company, as policies can vary.

Most people are able to return to work two weeks after the operation but it does depend on the type of work that you do. You should discuss with your surgeon when you are able to return to work.

What are the Risks and Complications?

The possible risks and complications for Golfer's elbow include:

- Wound infection – If you experience any increase in pain, redness, swelling, or develop a temperature, please see your GP as this may be a sign of infection.
- Swelling – This may persist for up to three months. Keeping your operated arm elevated will help to relieve this.
- Function – The symptoms and your general function will recover slowly. It may be up to six months before you see a final result.
- Pain – This is a painful operation and can take up to six weeks for any improvement.
- Blood clot in the leg or lung- can occur after any surgical procedure and if you have had a clot or thrombosis before please make staff aware so that your risks can be assessed and managed. Please read the information you are given about reducing your risk of a blood clot after your operation.

Follow-up

You will normally be seen in the outpatient clinic to assess progress after the operation. Your stitches may be removed at your GP surgery. Your dressing needs to stay in place until this time.

Useful contacts for further information

If you have any queries prior to the procedure, please contact the Day Procedure Unit on **01603 286008** (07:00 – 22:00 Monday to Friday, 07:00 – 20:00 Saturday, CLOSED Sunday).

For help giving up Smoking: contact Smokefree Norfolk local freephone 0800 0854 113 or www.smokefreenorfolk@nhs.uk or email smokefreenorfolk@nchc.nhs.uk

British Association of Day Surgery www.daysurgeryuk.org

