

## Tennis Elbow Surgery

Tennis elbow is a painful condition of the muscles and tendons on the outside of the arm – just at the elbow. Anybody may get “tennis elbow” and not just tennis players. You may already have tried other options for treatment, and you have come to the joint decision to have surgery and tennis elbow surgery is suggested. This takes the tension off the tendons and perhaps repair of the tendon if there is a tear in the tendon.

### Before Surgery

You will be seen by Mr Shah before the operation. He will confirm the correct side and will take this opportunity to draw on your arm (mark with a marking pen). This is to ensure the correct elbow is operated on. If you have any questions, now may be the time to ask them.

### During Surgery

An anaesthetic will be given in theatre. This may be a general anaesthetic (where you will be asleep) or a regional block (e.g. where you are awake but the area to be operated is completely numbed). You must discuss this and any risks with the anaesthetist.

When in theatre, the skin around your hand will be cleaned with antiseptic solution and covered by sterile towels (drapes). A tight band (tourniquet) may be inflated around the upper arm. This is to limit the amount of bleeding. The surgeon will begin by cutting the skin, this incision (cut) will usually be over the trouble area where the tendons come from. This is usually a curved cut around 5 – 7 cm long.

The point from which the tendons come from is then removed from the bone (which are then cleaned of any lumps or scar tissue). If tendon repair is required then a bone anchor with stitches, is used. When finished, the skin is closed with stitches. Mr Shah uses dissolvable sutures. You will be reviewed in 14 days for a wound check.

### After Surgery

When you wake up, you will have a bandage around the arm. Your arm will be in a sling just to let it rest. This can be removed in 2 days, but the white sticky plaster should be kept on and the wound kept clean and dry. You will more than likely need to have pain-killers for the first few days after the operation as the elbow will be sore. You will require physiotherapy after the operation.

You may be advised to gently start to use the arm and increase this gradually – however, you should avoid heavy use for 6-8 weeks. Full recovery can take up to 3-6 months, or may never be achieved, but the pain should be greatly improved.

<b>Type of Operation</b>	Day Case	
<b>Procedure Length</b>	1 hour	
<b>Anaesthesia</b>	General Anaesthesia or Wide awake surgery with regional block	
<b>Time of Work</b>	Depending upon job	(Please discuss)
<b>Driving</b>	Usually 2 - 3 months	(Please discuss)