
Day Surgery Unit

Tennis Elbow Release

The Procedure

- The procedure involves a 30 – 40mm incision over the outer aspect of your elbow.
- This allows access to the affected tendon, which can be fully assessed and treated.
- The incision will be closed with sutures.
- Local anaesthetic is instilled into the elbow to provide pain relief in the immediate post-operative period.

Effects

- It is normal to feel slight discomfort within the elbow immediately after the procedure.
- Power should return over an 8-12 hour period following the procedure.
- You will be given pain relief whilst you are in hospital if you require it and you will also be given pain relief to take home.
- It is advisable to take the pain relief given to you even if the pain you are experiencing is bearable. This will help to keep the overall discomfort under control.

Dressings

- The stitches, if not dissolvable will normally need to be removed 10-14 days after your operation; this can be done by your practice nurse at the GP surgery.
- Your elbow will be covered with a wool dressing and crepe bandage. This dressing will need to remain in place until the surgeon has seen you and the nurse is ready to discharge you. Under the bandage the incision will be covered by a smaller adhesive dressing.
- A support bandage and an arm sling will be given to you before you leave the hospital for you to use when you have removed the wool bandage. The support can normally be removed when you are comfortable without it.
- You will need to keep your dressing/wound dry for three to five days, after this time you may have light showers.
- After 10-14 days you can start bathing as long as your wound is completely healed with no wet/oozy areas.

Physiotherapy

- Your elbow should remain in a sling for the first three to four days following the surgery.
- Physiotherapy is a vital part of the post-operative recovery. An out-patient referral will be made for you as Physiotherapists do not visit the Day surgery Unit.

Complications

- Complications from this procedure are very rare.
- Watch for any signs of infection; if you experience any of the following you should seek help:
 - The amount of pain in the wound increases after the obvious initial discomfort.
 - The amount of redness and/or swelling increases.
 - You may notice any unpleasant discharge.
- There will be swelling, this is normal and will generally settle down on its own with elevation and appropriate physiotherapy.

Returning to Work/ Driving

- Your comfort level should be your guide for returning to work. Most people are able to return to work within one to two weeks, but it does depend on the kind of work you do. The surgeon/nursing staff will be able to tell you how long you will require to stay off work for.
- Patients are normally advised not to drive for one week; driving is only allowed once you feel that you can control the car and that the elbow will allow you to turn the wheel in an emergency.

Sports Activities

- You will be advised as to when you are allowed to start sporting activities again after your operation. This time can be anything up to 12 weeks after your operation, depending on the complexity of the surgery.

Follow-up Appointment

- The surgeon will usually come out and see you before you go home, and will also arrange to see you again in an out-patient clinic after approximately six to eight weeks. Your follow-up appointment will be sent to you in the post soon after your operation.

Further Information

1. Addenbrooke's Day Surgery Unit 01223 256330
2. Ely Day Surgery Unit 01223 652279
3. Orthopaedic registrar on-call
4. Your General Practitioner (GP)



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

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Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

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Bengali

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Document history

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Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Review date	October 2012
File name	Tennis_elbow_release
Version number/Ref	2/PIN1118