

# Goole Surgical Treatment Centre



## Elbow Surgery Day Surgery Unit



*Welcome and thank you for making  
Goole Surgical Treatment Centre your first choice*

## **Introduction**

You have been referred to the Day Surgery Unit for surgery, the following are some of the procedures that can be performed:

### **Bursa**

Surgical removal of a soft tissue swelling on the elbow tip.

### **Ulna nerve decompression**

Release of pressure to the nerve of the elbow which causes pain, pins and needles in the hand and possibly contraction of the ring and little finger.

### **Tennis/golfers elbow**

Release of the inflamed tendons, which have caused pain and tenderness.

These procedures are usually performed under a general anaesthetic.

## **Why is this Surgery Required?**

To alleviate symptoms and discomfort.

## **Are there any Alternatives to this Surgery?**

This can be discussed with your surgeon.

## **Risk of Surgery**

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.

There are slight risks following surgery, for example nerve damage.

Reoccurrence of condition is possible, and the surgery performed may not completely cure all of the symptoms..

Discomfort following surgery this is common, please ensure you have adequate painkillers at home.

Bleeding may occur from the wound site. If so, apply pressure and if the bleeding persists, seek advice.

There is a slight risk of your wound becoming infected, if you experience redness, excessive tenderness or persistent oozing, seek advice.

## **Effects of anaesthetic**

If you experience nausea following surgery, drink plenty of fluids and take light meals.

Headache is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

## **Following a general anaesthetic please arrange:**

An adult to escort you home and care for you for the first 24 hours following discharge.

Not to use machinery, cook, or sign documents for 24 hours.

## **Please remember**

Not to drive for 2 weeks, or as advised.

Time off work (usually at least two weeks).

## **Before you arrive**

Prior to your admission you will have been advised when to stop taking diet and fluids.

Please have a shower or bath before coming to the Day Surgery Unit.

We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring). If you are having surgery on your left elbow please remove your wedding ring (if applicable).

Please bring any medication that you normally take (even if infrequent).

A dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

## **What will happen when I come in for my surgery?**

Please report to the reception desk.

A nurse will prepare you for your operation. You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.

Please tell the nurse if you have any medical changes or change of social circumstances.

The surgeon will come to see you, mark the operation site (if applicable) and take your written consent for your operation.

When it is time for your surgery the nurse will walk with you to the anaesthetic room.

## **After the surgery**

If you have had a general anaesthetic, you will wake up in the recovery suite.

When you are fully awake you will be transferred into the ward. Light refreshments will be provided.

Your elbow will be bandaged to protect the wound, under which will be a dressing to cover the stitches.

Your elbow may feel numb, gradually the sensation of pins and needles follow and the return of normal sensation.

You may feel some discomfort, if so, the nursing staff will give you prescribed pain relief on request.

The surgeon may have applied a sling to support your arm.

When you are adequately recovered the nurse will provide you with discharge advice, answer any questions that you may wish to ask and arrange for you to go home.

## **At home**

You may require painkillers after the effects of the anaesthesia has 'worn off'.

A sling will be provided to be worn as advised.

Elevate your elbow on a pillow whilst sitting.

To encourage circulation, wriggle your fingers and begin gentle use of your hand. Keep the wound clean and dry.

Keep the bandage on until your out patient appointment. A 14 day outpatient appointment will be sent to you by post to review your surgery and remove the stitches.

These instructions may differ according to surgeon preference, which will be advised before your discharge.

**If you have any problems after your surgery please contact one of the following:**

**Goole & District Hospital:**

**Ward 7** Tel 01724 290040 (08:00-20:00 Mon-Fri)

or

Your own GP.

## **Concerns and Queries**

If you need further assistance, the Patient Advice and Liaison Service will be able to help.

They can be contacted on:

**Goole & District Hospital**

PALS Administration Manager 01724 290172

or by email: [pals@nlg.nhs.uk](mailto:pals@nlg.nhs.uk)

## **Confidentiality**

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.) It is stored on paper and on computerised systems in line with the Data Protection Act 1998. Everyone working for the NHS has a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth. Please be assured however that

anyone who receives information from us is also under a legal duty to keep it confidential.

## **Zero Tolerance - Violent, Threatening and Abusive Behaviour**

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/Abusive Behaviour
- Verbal/Physical Abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

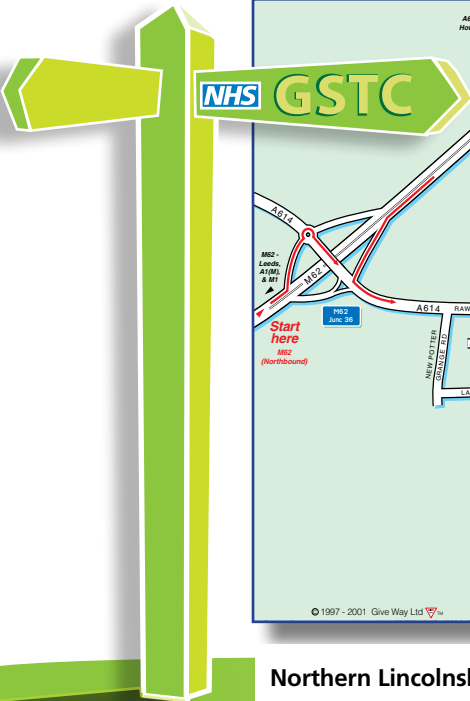
## **Risk Management Strategy**

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk. Please tell a member of staff on the ward or in the department you are attending/visiting.

# Contact Number:

Goole & District Hospital: Ward 7 Tel: 01724 290040



**Northern Lincolnshire & Goole Hospitals NHS Foundation Trust**  
**Goole & District Hospital**  
Woodland Avenue, Goole, East Riding of Yorkshire DN14 6RX  
Telephone: 01724 387886 Fax: 01724 290488  
[www.go2goole.co.uk](http://www.go2goole.co.uk)

Issue: Oct 2008  
Review: May 2010  
Author: GSTC - (SCC)

IFP 478

© NLGH-FT 2008