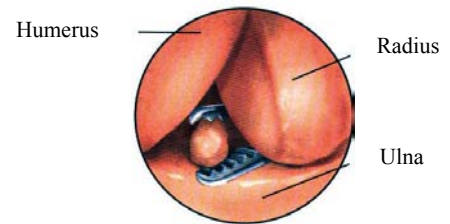
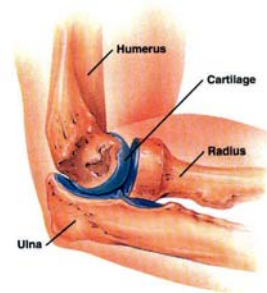


**Daniel Biggs**  
**Orthopaedic Surgery and Sports Injuries**

Telephone: (02) 9679 7088

## ELBOW ARTHROSCOPY

Elbow arthroscopy is an operation that involves inserting a small camera into your elbow. The camera sends the image of the inside of your elbow to a screen. Instruments are inserted into the elbow through other incisions on the side and at the back of the elbow.



Arthroscopy is used to remove loose fragments, bony spurs, inflamed tissue and also for the treatment of tendinitis (such as tennis elbow).

1. You will only need to remain in hospital for the day.
2. Stop taking any anti-inflammatory tablets 7 days before your operation.
3. If you smoke, now is a good time to stop. This will reduce the risk of surgical complications.
4. Do not eat or drink anything, including water, for 6 hours before surgery.

5. Arrange for someone to drive you home after your operation.
6. Make an appointment to see me 7-14 days after your surgery.
7. You will receive written instructions on how to look after your operated elbow when you leave hospital.
8. You should be able to return to light and clerical work duties after one week. If your work is physically demanding it may be anywhere from 2–6 weeks before you will be able to get back to that work. This will depend on what procedure you require and how you respond post-operatively.
9. You may drive once your pain settles and you can move your elbow. This usually occurs within a few days.

### **RISKS AND COMPLICATIONS**

As with any operation, arthroscopy has risks. These can include swelling and stiffness, bleeding, blood clots, infection, nerve injury or continuing elbow problems.

Arthroscopic elbow surgery is successful in approximately 90% of cases.