



Guidelines following your Arthroscopy of the Elbow

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

- Your elbow will be covered with a wool dressing and crepe bandage and this should stay in place for 24 hours. Under the bandage the incision will be covered by a smaller adhesive dressing which should stay in place for seven to ten days.
- Moving your elbow within the confines of the bandage will not do any harm.
- You will need to keep your dressing / wound dry for five to seven days. After this you may have short showers.
- The wound is usually held with steri strips (paper stitches), if you have anything different we will tell you before discharge. The steri strips can be soaked off after seven days.
- It is normal to feel slight discomfort within the elbow immediately after the procedure. For any pain or discomfort after the operation your usual painkillers maybe taken or the ward may supply you with some. Follow the instructions on the box.
- Your comfort level should be your guide for returning to work. The surgeon will advise you, depending on your job.
- Patients are normally advised not to drive for one week; driving is only advised once you feel that you can control the car and the elbow will allow you to turn the wheel in an emergency.
- If an Outpatient follow up is required it will be sent to you in the post.
- If you have been given support stockings to wear it is important that you continue to wear them day and night until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).



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You were given the following pain killers while in Day Surgery:

Paracetamol at

Codeine at

Ibuprofen at

Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliance such as cookers or kettles.
- Do not drink alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation and do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your GP or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays). After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough Road
Swindon
SN3 6BB



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Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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