

# Elbow replacement

Our elbow joints can become damaged over time due to conditions such as arthritis, or as a result of trauma from injury. If your elbow pain is affecting your mobility and quality of life, it's time to seek help from a specialist. One of the Orthopaedic Consultants may recommend the need for an elbow replacement.

## When an elbow replacement is necessary



Usually, the pain comes from the bones that form the joint rubbing together because the lining between them that allows smooth movement has been damaged, due to injury or arthritis. Whatever the cause, our team of specialists are here to help you get back to doing the things you love and will support you every step of the way. When you book an initial consultation with an Orthopaedic Consultant, you can choose to have this at KIMS Hospital or Sevenoaks Medical Centre. Your Consultant will discuss your options for elbow surgery or other treatments.

## Prices & payment

Our enquiries team are happy to provide a price for this treatment upon request

Elbow replacement  
From £9,081

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Consultants



Mr Nik Bakti

KIMS Hospital+1 location

[View profile](#)



Mr Keith Borowsky

Available at  
KIMS Hospital

[View profile](#)



Mr Howard Cottam

KIMS Hospital+1 location

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Professor Bijayendra Singh

KIMS Hospital+1 location

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Mr Dimitri Yanni

Available at  
KIMS Hospital

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## FAQs

### What does an elbow replacement involve?

An elbow replacement is a newer procedure that replaces your elbow joint with an artificial one, often referred to as a prosthesis.

The operation is usually carried out under general anaesthetic with a local nerve block, so you will not be aware of any pain. During the procedure, your Consultant will remove the damaged tissue and parts of the two arm bones, the humerus and the ulna that meet at the elbow joint. After removing tissue and bone, your Consultant replaces the elbow joint with an artificial one, consisting of two implants that are attached to the insides of the humerus and ulna. The implants are then joined together by a metal and plastic hinge.

After the joint is implanted, the wound is closed with stitches and a bandage is applied. Your arm may be placed in a splint to allow time for the soft tissue to heal. Our inpatient physical therapy team will help you begin to move your elbow when you're able.

### Where will my procedure take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

### How long will I stay in hospital?

You will usually be in hospital for one night, depending on the progress you make following your procedure. Your Consultant will discuss this with you prior to your procedure.

### How long does it take to recover after elbow surgery and will I be in pain?

You should be prepared to be less functional than usual for six to twelve weeks after an elbow replacement. For instance, you won't be able to lift anything heavier than a cup of coffee for six weeks after the procedure. You should permanently avoid any heavy manual work or heavy lifting to prolong the life of the prosthesis.

If you live alone or don't have the available help, you'll need to make arrangements for home help ahead of time.

An essential part of your recovery journey will be to continue the exercises you are given by



your Physiotherapist, to help prevent stiffness and improve the outcome of your elbow replacement.

## What is the cost of private elbow replacement at KIMS Hospital?

A private elbow replacement at KIMS Hospital starts from £9,081. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.