

# 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. Our Orthopaedic Consultants may recommend the need for an elbow replacement.

## When an elbow replacement is necessary

Usually, the pain comes from the bones, which 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 one of our Orthopaedic Consultants they 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

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

## Consultants

Mr Keith Borowsky



Mr Howard Cottam



Professor Bijayendra Singh



Mr Dimitri Yanni



## 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.

### 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 avoid permanently 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 replacement.