

## **Arthroscopic Elbow Debridement**

### ***What is elbow arthritis?***

The elbow joint can develop arthritis much like any other joint in the body. Elbow arthritis is predominantly made up of bone spurs that fill the fossa, or spaces in your elbow, and restrict full range of motion. When your elbow reaches the limit of motion, this can cause pain.

### ***How do you treat the elbow arthritis?***

Elbow arthritis can be treated with elbow arthroscopy if the arthritis is not severe. Unlike other parts of the body, arthroscopic treatment of an arthritic elbow can reliably improve motion and relieve pain. Dr. Acevedo uses a small camera (arthroscope) to see inside the elbow joint. Using special instruments Dr. Acevedo will burr down the bone spurs in your elbow in order to recreate the joints anatomy to improve your motion and pain.

### ***Length of Stay***

This is same day surgery. You will need to have someone who can take you home.

### ***Anesthesia***

This surgery is performed under general anesthesia, which means you are asleep.

### ***Incisions***

You will have 4-5 small incisions around your elbow. They will be < 1 cm long.

### ***Pain***

You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours. It is important to stay on top of the pain medication. Most patients receive Toradol, which is a strong anti-inflammatory. Begin taking this medication when you get home. The Narcotic you are prescribed should be used as a rescue medication as needed. For the first 2 days it is advised that you take 1 of these pills around the clock to stay on top of the pain. If it is too strong, you can take Extra strength Tylenol in its place.

### ***Sling***

Your arm will be placed in a sling prior to leaving the operating room. You are to remain in your sling for the first 48 hours after surgery. You may come out of the sling to perform range of motion exercises for the elbow, wrist, and hand.

### ***Dressings***

You will go home with dressings and gauze. After 3 days you may remove the dressings. There will be small black sutures (stitches) that will be taken out at your first post operative appointment 10-14 days after your surgery.

### ***Physical Therapy***

Please make an appointment with a therapist ASAP to be seen as soon as the 3<sup>rd</sup> day after your surgery. Physical therapy is crucial to regaining motion and use of your arm. Elbows tend to get really stiff after surgery. Performing the exercises daily is essential for a good recovery. If you prefer to perform the rehabilitation at home on your own, Dr Acevedo can give you a program with the MyHealthTrack app.

### ***Restrictions***

Recovery from elbow arthroscopic surgery is one to two months. Restrictions will be dependent on the type of work you do.

### ***Pictures***

Dr. Acevedo will take photos during your surgery. Please bring those pictures to your first postoperative visit. Dr. Acevedo will review them with you and discuss exactly what was done in your elbow.

### ***Follow Up Appt***

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

**DR. DANIEL C. ACEVEDO FAAOS**  
[www.LAshoulderelbow.com](http://www.LAshoulderelbow.com)

---

1700 E CESAR E CHAVEZ AVE #2200, LOS ANGELES, CA 90033 PH. 323-264-7600 FAX 323-261-8027  
23502 LYONS AVE #202A, VALENCIA, CA 91321 PH. 818-788-0101x4451 FAX 818-788-4158  
18840 VENTURA BLVD #204, TARZANA, CA 91356 Tel. 818-708-3333 FAX 818-708-9643  
16530 VENTURA BLVD #100, ENCINO, CA 91436 Tel. 818-788-0101 FAX 818-855-2493