

Dedicated to *Outstanding* care



Sherwood Forest Hospitals  
NHS Foundation Trust

INFORMATION FOR PATIENTS

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## Elbow Outerbridge-Kashiwagi (OK) operation

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**This booklet contains information about the elbow surgery that you have been advised to have and aims to answer some of the questions you may have about the operation and your stay in hospital.**

## **About elbow surgery at Sherwood Forest Hospitals**

The inpatient orthopaedic ward at our King's Mill site is ward 11. On the ward, a 'named nurse' will be allocated to you to co-ordinate your nursing care. You will also have named physiotherapists to supervise your rehabilitation.

You will usually be admitted to the hospital on the day of your operation, and you will usually go home the same day. If you think you will need transport to get home or help when you get home, please tell your named nurse when you first come in.

### **What to bring**

You need to bring in with you any medicines that you are taking, toiletries, a towel, nightwear and some loose and comfortable clothing. Please leave valuables at home.

### **Operation day**

Your anaesthetist will see you on the morning of your operation to discuss your anaesthetic with you.

You will be able to eat and drink as usual the day before your operation. You may be able to have an early morning drink even on the day of your operation but you need to discuss this with the ward team before you have any drink.

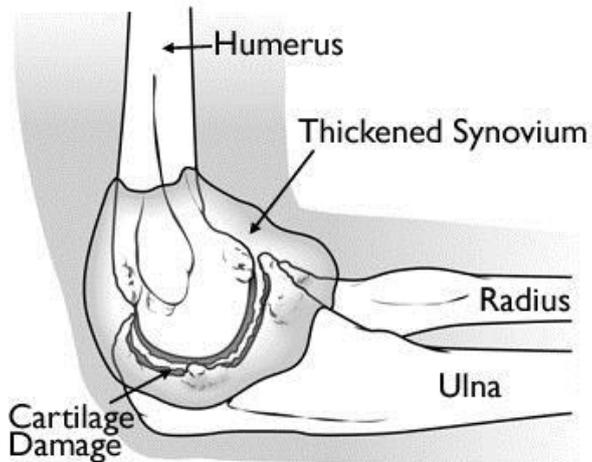
**You must not smoke after midnight the day before the operation.**

### **Outerbridge-Kashiwagi (OK) procedure – what is it?**

The Outerbridge-Kashiwagi, or "OK" procedure for short, is an operation in which the surgeon drills a small hole in the back for your elbow to gain access to your elbow joint damaged by arthritis or injury.

The small drill hole creates a window for the surgeon to use their operating equipment to tidy and release scar tissue and shave away bone tissue that is causing pain and problems in your elbow.

Left elbow from the side



Right elbow x-ray after OK procedure



### **OK procedure – what will it do?**

The OK procedure is an operation to relieve your pain, and should take away most, if not all, of the pain that you have in your elbow. It may take several weeks before you feel the full benefit, so please do not be disappointed if it is still painful after the operation.

It is unlikely that you will have as much movement as a normal elbow, but the physiotherapists will help you to try and get as much movement as possible from your elbow joint after surgery.

### **How is it done?**

OK procedure is done as an 'open' operation, which will leave a scar about 5-7cms in length along the back of your elbow. During your operation we will examine your elbow joint.

### **After my OK procedure operation**

Your elbow wounds will have dressings on them.

### **What will happen on the ward after my operation?**

When we can take your sling off, you will be shown how to do the exercises in this booklet by one of the physiotherapy team.

### **When will the stitches come out?**

Your stitches will be removed at your GP surgery, usually 10 days after your operation.



### Operation scar

#### **Will I have to wear a splint or sling?**

No; after your OK procedure, the best thing to do is to move your elbow as comfort allows.

Sometimes patients find that their arm feels swollen following surgery. This isn't unusual. A good way to manage this is to rest in the sleep position below where you lie on your back with your hand above your elbow. Ice packs can also be used. Your exercises will also help with the swelling. If you are experiencing swelling you should discuss this with your physiotherapist, who can advise you further.

#### **How can I sleep comfortably?**

You **must not** lie on your operated elbow. We recommend that you lie on your back or the opposite side, as you prefer. Ordinary pillows can be used to give you comfort and support (feather pillows are easier to use than foam ones).



If sleeping on your side, having a pillow or two under your head usually gives enough support for most people. A pillow tucked along your back helps to prevent you rolling onto your operated elbow in the night. A pillow in front of your tummy is a nice place to rest your hand to help you sleep.



If sleeping on your back, use a pillow under the operated elbow as shown. Again, important in helping you get a good night's rest.

## Rehabilitation

Rehabilitation is important to get the most out of your elbow after the operation. The first stage is to get your elbow and hand moving again, with the following exercises. Please be guided by your level of discomfort, we do not expect you to get full range of movement on the first day - you can do too much.

## Exercises

Try to do ten repetitions of each exercise.

You should do your exercises in this order at least twice a day at home, until your follow-up physiotherapy appointment. They can then be altered or increased under the guidance of your physiotherapist.



Open and close hand your gently as comfort allows.



You can also rotate the wrist in a circle so it does not get too stiff.



Have your arm resting comfortably on a pillow.

Practice turning the hand so that the palm faces up and then down as shown in the picture.



Rest your upper arm on your thigh as shown in the picture opposite.

Using the non-operated arm, gently assist the operated arm up towards the shoulder as shown.

We are happy for you to work into some tightness and stiffness but we do not want you to have a lot of pain with the exercise.



Next, let the arm gently lower using the non-operated arm.

We are happy for you to try and get the arm straight but we do not want you to push into a lot of pain.

## **When can I go home?**

- When you have recovered from your anaesthetic
- When your pain is controlled
- When you have learnt your exercises
- When you are safe to return home.

## **Is that the end of my treatment?**

You will usually have an appointment at a local physiotherapy department within two weeks of leaving the ward.

You will also go to the follow-up clinic at the King's Mill or Newark Hospital. This is run by the advanced practice physiotherapist and/or nurse specialist. They will see you six weeks after your operation and can arrange a quick appointment with your surgeon if necessary.

Around six months, you will have another clinic check-up. This will also be with the advanced practice physiotherapist and/or nurse specialist, who will also organise a quick appointment with your surgeon if needed.

If you are at all worried about your elbow you should contact the hospital's shoulder and elbow team. The telephone numbers are at the end of this booklet.

## **What will I do as an outpatient?**

You will continue with your exercises with the help of a physiotherapist. You will be given more exercises if you need them.

You will gradually work on developing the movement in your elbow, progressing to full functional movement. We will encourage you to learn how to use your elbow comfortably and safely.

## **When can I do my normal activities?**

This depends upon your symptoms but most people are comfortable by between six to 12 weeks after surgery.

Driving can be resumed when you are comfortable and safe to control a car. It is wise to discuss this with your insurance company.

The following table gives you the timescales for the amount of rest required to your arm before resuming a particular type of activity.

Light work (no lifting)	2-6 weeks
Medium (light lifting below shoulder level)	6-12 weeks onwards
Heavy work (lifting and work above shoulder level)	12 weeks onwards

## Useful contact numbers

Kings Mill Hospital  
Telephone: 01623 622515

Newark Hospital  
Telephone: 01636 681681

### Extension number

Mr Kurian's secretary	4117 (Monday to Friday, 8am-5pm)
Mr Bidwai's secretary	6148 (Monday to Friday, 8am-5pm)
Nurse surgical care practitioner	4104 (Monday to Friday, 8am-5pm)
Advance practice physiotherapist	6148 (Monday to Friday, 8am-5pm)
King's Mill orthopaedic ward	3640 (Monday to Sunday, 24 hours)
King's Mill physiotherapy department	3221 (Monday to Friday, 8am-5pm)
Newark hospital physiotherapy department	5885 (Monday to Friday, 8am-5pm)

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you need this information in a different language or format, please contact the PET (as above).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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