



Cubital Tunnel Release (In-Situ) Patient Postoperative Instructions Laith Al-Shihabi, MD

0-2 weeks

Pain medication:

- Use your prescription pain medication as needed to control pain.
- Begin taking pain medication before the local anesthetic around your surgery site wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

Post-op Dressings:

- Keep the dressings in place for 3 days after surgery, then remove them and cover the incision with a large waterproof band-aid.
- Elevation of the arm, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower within the first 3 days after surgery, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a heavy plastic bag that is sealed with Saran wrap). After removing the dressing, it is ok to let water run over the incision with a shower, but do not immerse the incision (e.g. no swimming or bath tub) or scrub it.
- If the dressings get dirty, wet, or come apart please contact the office.

Motion:

- Start moving your hand and elbow as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- You do not have any lifting or carrying restrictions, but higher demand activities may cause surgical-site pain. Avoid prolonged pressure on the inside of your elbow (such as with sitting or driving). Perform activities as your symptoms allow.

2-6 weeks (First post-op visit)

Splint:

- Sutures, if present, will be removed at your 2-week visit.
- No splint is necessary.
- You can begin gentle scar massage at 3 weeks after surgery.

Therapy:

- No therapy is necessary unless you have difficulty recovering your range of motion.

6 -10 weeks (Second post-op visit)

Schedule a second follow-up visit at 6 weeks in case you are still having problems or other symptoms. If you are doing well, no additional follow-up is necessary.