PATIENT GUIDE

After Cubital Tunnel Release

Ulnar Nerve Neuroplasty, With or Without Transposition

D — DRESSING & INCISION

- Keep the postoperative dressing in place until your follow-up unless your surgeon gives different instructions.
- Keep the dressing and incision completely clean and dry. Cover it securely for bathing.
- Do not place creams, ointments, or powders under the dressing.

Rx — PAIN MEDICATION

- Use Percocet (narcotic) only as prescribed for strong pain.
- Use the prescribed NSAID for moderate or milder pain. Take it with food unless told otherwise.
- Do not drive, drink alcohol, or make important decisions while taking Percocet. Do not add extra acetaminophen unless your clinician approves it.

ROM — ACTIVITY & MOTION

- Use the sling for comfort and as directed. Support the arm when resting.
- Gently move the fingers and wrist several times each day.
- Begin gentle elbow bending and straightening only as directed. Do not force motion, especially after a nerve transposition.

E — PROTECT THE ELBOW

- Do not lift, push, pull, or perform repetitive elbow activity until cleared.
- Avoid direct pressure on the inside of the elbow.
- Elevate the arm when possible to reduce swelling.

2W Follow-up: Return in approximately 2 weeks for wound evaluation, suture removal, and to begin physical therapy or hand therapy as directed.

! Call Motion Orthopedics promptly if you have:

- Fever above 101.5 F, increasing redness, warmth, drainage, or foul odor.
- Pain or swelling that is rapidly worsening or not controlled by medication.
- New persistent numbness, color change, or unusual coldness of the operative limb.
- Chest pain, shortness of breath, or calf pain/swelling: seek urgent medical care.

Questions? Call 212-355-5555