

Post-operative Instructions: Cubital tunnel and carpal tunnel release

Dressing: Elbow: Please keep your dressing clean, dry, and intact until you follow up. You should cover it for showers. You may put an ice pack over your operative site to help reduce pain and swelling. Please keep your sling on for 2 weeks.

Hand: Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you should take your dressing off. You may then wash your hands and get your operative hand wet in the shower, but please do not scrub the wound. No soaking please (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands or showering, please pat the wound dry and place a band aid over the wound. You may put an ice pack over your operative site to help reduce pain and swelling.

Activity: No heavy lifting or weight bearing on your operative extremity, but you may use your arm for light activity (such as typing, eating, writing). Please keep your sling on during the first 2 weeks and avoid activities that require repetitive elbow flexion. Please open and close your fingers several times a day to avoid finger stiffness. After 2 weeks, you will be allowed to come out of your sling but no heavy lifting or gripping is allowed for 4-6 weeks after surgery.

Pain control: You will be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). It is okay to take Advil, Motrin, Ibuprofen, or Aleve in addition to the narcotic pain medication (but best to take those medications with food to avoid GI upset). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up: Please make an appointment for ~14 days after surgery.

Return to work/school: You may return to light activity at work/school once you no longer need narcotic pain medication, but no heavy lifting on the operative extremity is allowed.

For questions, please call the office: 301-657-9876