

Dr. Allen Ulnar Nerve In-Situ Cubital Tunnel Release Post-Op Protocol

Phase I: Protection (Weeks 0-2)

- Leave bulky soft dressing until post-op day #5
- Ok to remove dressing thereafter and shower
 - Don't soak wound, pat dry and redress with clean bandages
- Scheduled NSAIDs/Tylenol with opioids for break through pain
- Ok to use hand/arm for cell phone, computer, light hygiene
- Motion to tolerance, no pushing/pulling with operative arm

Phase II: Motion (Weeks 2-6)

- First post-op visit at ~2 weeks
- Splint & sutures removed at first visit
- Edema control & scar massage once wound is healed
- Elbow motion to tolerance
- Lifting to tolerance, no aggressive weight training until 6 weeks

Phase III: Strengthening (Weeks 6+)

- Second post-op visit at 6 weeks
- Advance weight training as able
- No restrictions