

## Cubital tunnel release

- Cubital tunnel release surgery typically takes 10 -15 minutes to complete.
- Incision is closed with nonabsorbable sutures that will be removed at your 2-week postop visit.
- During the procedure the ulnar nerve will be assessed for instability. Meaning that during procedure we will take your arm through range of motion, if the ulnar nerve is unstable and moving during simple range of motion, we will move the nerve and transpose it with in soft tissue structures.
  - If this is completed a long-arm splint will be placed while you are asleep in the procedure. This will be left in place for 2 weeks until you come and see us at your postop visit.
  - At 2-week postop visit sutures are removed and you begin active range of motion to the elbow.
  - No heavy lifting until 4 weeks postop.
- If the ulnar nerve is stable a waterproof dressing will be put in place over incisional area. You will be able to shower as usual. If you notice waterproof dressing begins to peel, please remove and replace with a clean bandage changing it daily.
  - Range of motion can begin immediately if the nerve is not moved.
- DO not put any alcohol, hydrogen peroxide, Neosporin, Aquaphor, or any other ointments to the incisional area. Only soap and water to the area.
- No heavy lifting greater than a cell phone, coffee cup, water bottle. Lifting greater than this weight can begin at 3 to 4 weeks after procedure once the wound is healed.
- In some cases if chronic or severe cubital tunnel syndrome, some patients may require therapy to work on range of motion or scar tissue management.
- The ulnar nerve that is affected causing cubital tunnel syndrome can take several months, up to 18 months before it is fully healed and numbness and tingling to the distal tips of your ring and small finger resolve. Typically nighttime symptoms resolve first.

## Narcotic policy:

- 1. Pain medications will be supplied for perioperative care from time of surgery and will determined by provider but will not exceed to 3 months.
- 2. Unless you are already a patient to an existing pain management contract, we require that you not receive any additional pain medications from any other providers. If you are in a pain contract you must reach out to the pain management doctor when planning surgical procedure.
- 3. Must receive prescriptions from only 1 pharmacy.
- 4. Understand that prescriptions lost, stolen, accidentally disposed of or consume before the appropriate date of refill will not be refilled.
- 5. We will not refill narcotic drugs after hours or on the weekend. No exceptions. Refill request will be processed Monday through Thursday 8 AM to 4 PM and Friday 8 AM to 2 PM.
- 6. Prescription refill request must be submitted either via phone or MyChart to your providers office. Refills may take up to 40 hours to be filled.