



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
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Post-operative Instructions: Cubital Tunnel Release

- 0-2 weeks: Start finger, wrist, elbow, and shoulder ROM immediately after surgery. No lifting, pushing, pulling > 2lbs. Take dressing off after 4 days and cover with bandage. OK to clean incision with soap and water but do not submerge.
- 2-4 weeks: Remove sutures if present. Continue working on ROM until normal. No lifting, pushing, pulling > 2 lbs.
- 4-8 weeks: Start strengthening exercises and scar desensitization as needed