



THE ORTHOPEDIC PARTNERS

AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

Patrick Olson, M.D.

Cubital Tunnel Release Post-Operative Protocol

Day 0-14	<ul style="list-style-type: none">• No lifting greater than 1-2 pounds<ul style="list-style-type: none">○ May do self-care activities as well as light duty work such as typing and writing• Range of motion (hand, wrist and elbow) is encouraged and very important <p>Day 0-2</p> <ul style="list-style-type: none">• Keep post-operative dressing in place (ace wrap)• Keep dressing clean and dry <p>Day 3</p> <ul style="list-style-type: none">• Remove post-operative dressing; keep steri-strips (white tape) in place• Keep surgical site clean and dry
2 weeks	<ul style="list-style-type: none">• Email a photo of your incision to the Olson Team email address• Stitches are absorbable<ul style="list-style-type: none">○ A clear tag of the absorbable stitch may be sticking out of the skin. Snip the tag of the stitch close to your skin.• May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel.<ul style="list-style-type: none">○ Once steri-strips fall off and incision site is fully healed, water activity is unrestricted• May gradually return to activity with no weight restrictions