Patrick Olson, M.D.

Cubital Tunnel Release
Post-Operative Protocol

| Day 0-14 | • No lifting greater than 1-2 pounds  
|          |   o 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  

| Day 0-2 | • Keep post-operative dressing in place (ace wrap)  
|         | • Keep dressing clean and dry  

| Day 3 | • Remove post-operative dressing; keep steri-strips (white tape) in place  
|       | • Keep surgical site clean and dry  

| Follow-up Visit (day 10-14) | • Stitches are absorbable  
|                            |   o 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.  
|                            |   o Once steri-strips fall off and incision site is fully healed, water activity is unrestricted  
|                            | • May gradually return to activity with no weight restrictions  
