

Cubital Tunnel Decompression Post Operative Instructions

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Please contact with questions
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Secretary: Katrina Riddick
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What operation did I have?

You had an operation to relieve pressure on the ulnar nerve behind the elbow.

What medications should I be taking?

We will prescribe the following medicines

1. Pain medication: You should plan to take this regularly for the first two days and then as needed.
2. Zofran. This is a nausea medication. You should only take this if needed, and may want to wait to fill the prescription since it can be expensive.
3. Colace. This is a stool softener to prevent constipation. You should take this as long as you are taking pain medications, since they can be very constipating.

Should I ice my elbow?

Icing the elbow for the first two days after surgery will help decrease pain and swelling. I recommend that you ice as much as possible. However, after two hours on the ice should be removed for thirty minutes. After two days you may continue to ice the elbow if you find it helpful.

What can I do with my arm and hand?

You will have a soft dressing on the arm. You may begin to gently move the elbow as soon as you are comfortable. You may move the hand and wrist. You should not lift anything heavier than a coffee cup.

Can I remove the sling?

The sling is for your comfort. You may stop wearing it whenever you would like.

Can I remove the bandages?

You may remove your bandage after three days. At that time you can shower. You should not scrub at the incision, just let water run over it. You should re-apply a small bandage to cover the incision for the first two weeks.

When should I have a return appointment?

You should return to see Dr. Carofino in 12-14 days to have your stitches removed. Please call Katrina Riddick to schedule this appointment. 757-321-3300.

If you develop signs of an infection such as fevers, increasing pain, redness at your incision site, pus drainage from incision you should notify our office immediately, or go the emergency department.