



Cubital Tunnel Release

Post-operative Guidelines

- You may remove your dressing 5 days after surgery, cover incision with a Band-Aid until your post-operative appointment
- Sutures will be removed at your first post-operative appointment, which is scheduled 8–14 days after surgery - your post-operative appointment will be on your discharge paperwork
- It is recommended that you sleep with your elbow straight for 4 weeks after surgery for the best outcome



- Please remember these outlines are *guidelines only*: Your care may differ from the typical outlines provided. Please talk to your surgeon or your surgeon's nurse or medical assistant if you have any questions about your post-operative care.

If you have any questions, please call our office at 314-514-3500.

Orthopedics



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