

Cubital Tunnel Release - Recovery Guide

Discharge

You will be discharged on the day of surgery.

Sling

For comfort only. You can discard the sling once your pain is under control, normally before 2 weeks.

Dressing

Your bandage dressing can be removed on day 1 after your operation. Leave the adhesive dressings intact until your review appointment at 2-3 weeks. The dressings are water resistant. Showering is fine but please keep your dressing relatively dry until your post op appointment.

Swelling / Ice

To help reduce swelling in your hand and elbow, it may be necessary to keep them elevated while you sleep for the first 24-48 hours. Keep your hand higher than your elbow and your elbow higher than your shoulder to allow for swelling to reduce. Regular icing is effective for managing both pain and swelling. Continue icing your shoulder for as long as swelling persists, which may last a few weeks.

If you notice redness around the wound or experience a fever, please contact our office immediately or see your local doctor. For after-hours concerns, you can also reach out to the hospital emergency department.

Pain Relief / Medications

In general you should take paracetamol regularly for the first 24 hours, followed by anti-inflammatories if required. Cease these medications as soon as the pain allows.

Dr Robinson recommends taking Vitamin C 1000-1500 mg daily from 2 days prior to surgery until at least 3 weeks post surgery.

Post-Operative Appointments

2-3 weeks: Your post op clinic review. A nurse will remove your dressing and review your wound.
3 months: Review only if required.

Return to Work / Driving

A reasonable goal for returning to office work is within 1-2 weeks. For more physically demanding jobs, the target is typically 4 weeks.

Driving can usually be resumed 2 weeks after surgery.

Return to Activities guide

Running: 6 weeks
Swimming: 4 weeks
Tennis: 6 weeks
Golf: 6 weeks
Avoid vibrational tools (sander, grinder, mower) for 6 weeks