



Mammoth Orthopedic  
Institute

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Mammoth Orthopedic Institute ▪ 85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

## POST-OPERATIVE INSTRUCTIONS: CUBITAL TUNNEL RELEASE- ELBOW

### SPLINT/ DRESSING

- Please leave your post-op dressing in place until your initial visit with Occupational Therapy in approximately one week. They will remove it and redress your incision.
- Keep the incision covered with gauze or band-aids.
- While in the initial dressing, please keep this dry with a cast cover or trash bag while bathing.

### SLING

- The sling is just for your comfort. You may remove it as desired.

### ACTIVITY

- You may bend and straighten your elbow as soon as you like.
- You may move your shoulder, wrist and hand as desired.
- Avoid excessive lifting, pushing, or pulling with the surgical arm until cleared by Dr. Brown.

### PAIN & INFLAMMATION CONTROL

- **Elevation** - You may notice that your fingers will get swollen if your arm is hanging by your side for long periods of time, therefore keep your arm **elevated above your heart** as much as possible for the first 2 to 3 days.
- **Ice** - You may use an ice pack for up to 20 minutes at a time over the surgical dressing to help reduce swelling in your hand. Place a thin cloth between the ice pack and your skin or dressing to protect your skin.

### MEDICATIONS

- Norco/ Percocet are short-acting opiate pain medications. You may take 1 tablet every 4-6 hours.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. Please call the clinic if you are experiencing trouble with any of these symptoms. Take stool softeners as instructed over the counter if needed.
- Do not drive a car or operate machinery while taking narcotic pain medications.
- If you think you will require a refill on your medication, please contact us during our regular **weekday** office hours and allow us 24-48 hours.

### EMERGENCIES

- Please have someone care for you at least 24-48 hours after the surgery.
- A small amount of red-tinged drainage on your dressings can be normal. If the drainage soaks your dressings, continues to expand, is foul-smelling, or your incisions are very red please call the office.
- If you develop a fever ( $>101.5^{\circ}$ ) or chills please call the office.
- If you experience leg or calf pain, excessive extremity swelling, chest pain or difficulty breathing please call the clinic, or after hours go to the emergency room.

### FOLLOW-UP CARE

- Please schedule a visit with Occupational Therapy within a week after surgery.
- Schedule a post-op Ortho visit for 10-14 days after surgery to have your sutures removed.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.**