



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Cubital Tunnel Release

- Start ROM immediately after surgery. No lifting, pushing, pulling > 2lbs. Take soft dressing off after 4 days. Wash wound daily with soap+ water, pat dry, and cover with bandage.
- 10-14 days: Follow up with me for wound check. Continue working on ROM until normal. No lifting, pushing, pulling > 2 lbs.
- 4 weeks: No restrictions. Start strengthening exercises and scar desensitization as needed