



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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***Post-operative Instructions: Cubital Tunnel Release
with Transposition***

- Start ROM immediately after surgery. No lifting, pushing, pulling, gripping. Keep dressing on until follow up.
- 10-14 days: Follow up with me for wound check. Continue working on ROM until normal. No lifting, pushing, pulling > 2 lbs.
- 4 weeks: Start strengthening exercises, scar desensitization and therapy as needed.