



Cubital Tunnel Release Surgery

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic to provide you with information regarding Cubital Tunnel Release surgery.

Understanding Cubital Tunnel Release Surgery

Cubital Tunnel Release is a surgical procedure aimed at relieving pressure on the ulnar nerve as it passes through the cubital tunnel in the elbow. This compression of the ulnar nerve can lead to symptoms such as numbness, tingling, and weakness in the hand and fingers.

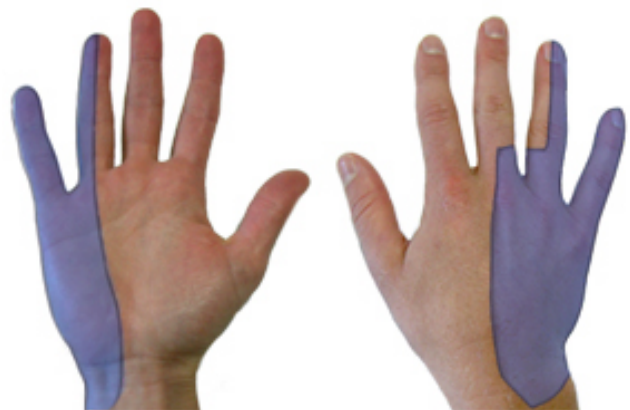
Indications for Surgery

Cubital Tunnel Release surgery may be recommended if conservative treatments such as splinting, physical therapy, and anti-inflammatory medications fail to alleviate symptoms. Common indications for surgery include:

- Persistent or worsening symptoms of cubital tunnel syndrome.
- Loss of strength or coordination in the hand and fingers.
- Difficulty with activities of daily living due to symptoms.

Benefits of Cubital Tunnel Release Surgery

- **Relief of Symptoms:** Surgery aims to relieve pressure on the ulnar nerve, reducing or eliminating symptoms such as numbness, tingling, and weakness.
- **Improved Function:** By decompressing the ulnar nerve, surgery can improve hand and finger strength, coordination, and dexterity.
- **Prevention of Long-Term Nerve Damage:** Timely surgical intervention can prevent permanent nerve damage and associated complications.



The Cubital Tunnel Release Procedure

- **Anaesthesia:** Cubital Tunnel Release surgery is typically performed under general anaesthesia to ensure your comfort throughout the procedure.
- **Incision:** Dr. Chen Tu will make an incision at the back / inside of the elbow to access the cubital tunnel and ulnar nerve.
- **Nerve Decompression:** The roof of the cubital tunnel is divided or released to relieve pressure on the ulnar nerve.
- **Closure:** The incision is closed with dissolving sutures or surgical staples, and a dressing and bandage is applied.

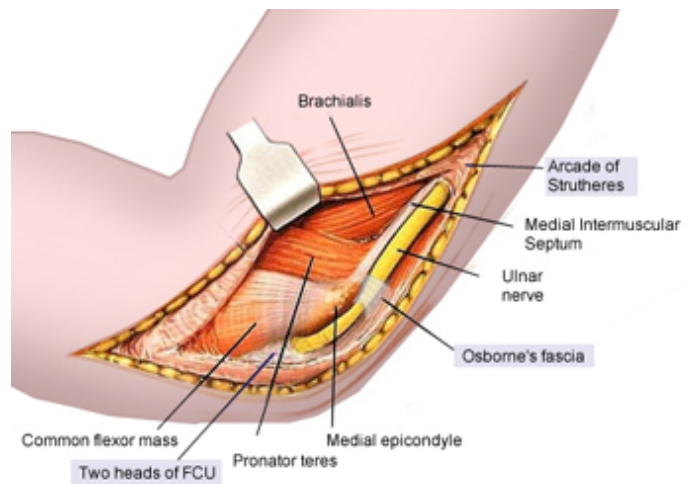


Postoperative Care

- **Recovery Room:** After surgery, you will be monitored in the recovery room until you are fully awake and stable.
- **Pain Management:** Pain medication will be provided to manage discomfort during the initial recovery period.

Encouraged Early Range of Motion

- Begin gentle range of motion exercises for the elbow and wrist as soon as possible after surgery.
- Perform bending and straightening movements of the elbow and gentle wrist flexion and extension.
- Avoid forceful or excessive stretching, and stop any exercise that causes pain or discomfort.
- Aim to perform these exercises several times a day to promote nerve gliding and prevent adhesion to the surgical bed.



Encouraged Early Range of Motion

- Sutures used in the surgery are dissolving and do not need to be removed.
- The initial bandage can be removed after 2 days.
- The dressings are water-resistant and should be kept dry until your review appointment with Dr. Chen Tu or for up to 2 weeks, whichever comes first.

Risks and Potential Complications

While Cubital Tunnel Release surgery is generally safe, potential risks and complications include infection, bleeding, nerve injury, stiffness, and recurrence of symptoms. Dr. Chen Tu will discuss these risks with you in detail before surgery.

Contact Information

- **Telephone:** +61 8 8236 4168
- **Email:** admintu@woc.com.au

Conclusion

Following Cubital Tunnel Release surgery, early range of motion exercises are essential to prevent adhesion of the nerve to the surgical bed. Please adhere to the provided instructions for dressing and bandage care to ensure optimal healing and prevent complications. If you have any questions or concerns during your recovery, do not hesitate to contact Dr. Chen Tu's office for guidance and support.