

Ulnar Nerve Release Or Transposition

What is Cubital Tunnel Syndrome?

Nerve compression problems behind the elbow are called cubital tunnel syndrome. The ulnar nerve passes through the cubital tunnel which is a bony passageway. When you “hit your funny bone” and have tingling in the small and ring fingers, you are hitting the ulnar nerve at the cubital tunnel.

What is an ulnar nerve release or transposition?

An ulnar nerve release is a procedure where the tissue and ligament surrounding the ulnar nerve are released to decrease pressure on the nerve. If the nerve is stable after the release, it will be left in its groove. If the nerve is unstable then the nerve will be transposed.

An ulnar nerve transposition is designed to take pressure off the nerve, but also to move the nerve to a position to reduce compression during common daily activities

Length of Stay

This is same day surgery. You will need to have someone drive you home after you have been discharged.

Anesthesia

Patients usually have general anesthesia, which means you are asleep.

Incision

You will have an incision on the inside aspect of your elbow. After the incision has healed, it is usually very thin and not very noticeable.

Pain

You will have pain medication prescribed for you prior to discharge. Use your medicine liberally over the first 48 hours, and then you can begin to taper your use. You may take Extra Strength Tylenol or Ibuprofen in place of the pain pills

Splint

Your arm may be placed in a splint prior to leaving the operating room. You are to remain in your splint until your first post operative visit, 10-14 days after surgery UNLESS OTHERWISE DIRECTED on your discharge summary. For the time that you are in your splint, **you are not permitted to drive**. Otherwise, you may use your arm within the limits of the dressing.

Dressings

You will go home with gauze dressings and a splint covered with ace wraps. You may cover the splint and dressings with a plastic trash bag to keep them dry while showering.

Physical Therapy

For the first 2 weeks of recovery you will remain in your splint and do no physical therapy. Weeks 3-6 you will start a gentle stretching program at home. The second 6 weeks of recovery you may be referred to formal physical therapy if you are not making good progress.

Restrictions

Recovery from an ulnar nerve transposition or release is three months. During that time you will have restrictions on the use of your operative arm. Dr. Acevedo will discuss your restrictions during your follow up appointments.

Follow Up Appt

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

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