



**Dr. Joshua Alpert**  
**Post-Operative Surgery Instructions:**  
**Elbow Cubital Tunnel Surgery**

**Immediately After Surgery in the Recovery Room:**

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a splint on with an ace wrap over it. This should stay on until your first post op visit.
- It is encouraged that you move your wrist and fingers as much as possible to increase circulation and promote healing.
- You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed.

**After Surgery at Home:**

- The splint and ace wrap should stay clean and dry until the first post op visit. To shower, cover the dressing in a plastic bag.
- Use the ice as necessary for 3-7 days. Ice helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.
- Some patients see immediate improvement in symptoms while others it takes weeks-months to see improvements. Nerves can take up to 6 months to regain full function.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

### **First Post-Op Office Visit:**

- Please arrange to see Dr. Alpert or PA Alyssa in the office 3-10 days after surgery. We will remove the dressing and assess the incision.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Alyssa (PA) or Nikki (secretary).

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