

Cubital Tunnel Release

Understanding Your Risks

This document outlines the potential complications associated with **cubital tunnel release**. This is a surgical procedure performed through an incision along the inner aspect of the elbow to relieve pressure on the ulnar nerve. Depending on intraoperative findings, the procedure may involve simple decompression of the nerve or repositioning of the nerve to a different location around the elbow.

The usual purpose of surgery is to **relieve symptoms of ulnar nerve compression**, including numbness, tingling, pain, and weakness in the ring and small fingers, and to prevent further nerve damage in patients with persistent or progressive symptoms despite nonoperative treatment.

Risks:

- **Persistent or recurrent numbness, tingling, or pain in the hand or forearm**
- **Incomplete relief of symptoms or delayed improvement**
- **Weakness of grip or intrinsic hand muscles**
- **Elbow stiffness or soreness**
- **Nerve injury** (including ulnar nerve injury or neuritis)
- **Instability or subluxation of the ulnar nerve**
- **Infection** (superficial or deep)
- **Bleeding or hematoma formation**
- **Scar tenderness or sensitivity**
- **Complex regional pain syndrome (CRPS)**
- **Need for revision surgery**
- **Medical complications** (deep vein thrombosis, pulmonary embolism, cardiac or pulmonary events—rare)

- **Death** (extremely rare)

Risk Factors for Increased Complications:

- **Severe or long-standing cubital tunnel syndrome**
- **Diabetes or other neuropathic conditions**
- **Smoking or tobacco use**
- **Obesity**
- **Advanced age**
- **Prior elbow surgery or trauma**
- **Elbow deformity or arthritis**

Patient Acknowledgment:

By signing below, the patient acknowledges understanding of the above risks associated with cubital tunnel release and all questions have been answered to the patient's satisfaction.

Patient Signature: _____ **Date:** _____

Patient Name: _____ **DOB:** _____

