



Medial Epicondylectomy

This outpatient procedure, performed under general or regional anesthesia, removes the medial epicondyle (the bony bump on the inner side of the elbow) to alleviate compression of the ulnar nerve. Medial epicondylectomy is used to treat cubital tunnel syndrome.

PREPARATION

Anesthesia is administered, and the patient is positioned to allow access to the inner side of the arm. The area is cleaned and sterilized.

ACCESSING THE JOINT

The surgeon makes an incision along the inner side of the elbow to access the medial epicondyle. The ulnar nerve is carefully pushed clear of this bony bump.

RELIEVING THE COMPRESSION

The surgeon cuts away the medial epicondyle to create more space for the ulnar nerve. This will allow the ulnar nerve to slide unobstructed along the bone when the elbow is bent.

END OF PROCEDURE

The patient may be required to wear a splint for two to six weeks after the surgery. Occupational or physical therapy may be required after the arm has healed.

AFTERCARE

The patient may be required to wear a splint for two to six weeks after the surgery. Occupational or physical therapy may be required after the arm has healed.

Ulnar nerve unobstructed

