



Post-Operative Instructions: Ulnar Nerve Decompression at the Elbow, In-Situ and Sub-Cutaneous Transposition

Pain Management:

- Most patients require the use of narcotic pain medication. You should have been provided a prescription prior to your surgery. Take as directed.
- Note: Maximum 10 tablets in a 24 hour period. This maximum includes all narcotic pills, Tylenol and acetaminophen.
- Do not drink alcohol while taking pain medication.
- Ibuprofen can be helpful in controlling pain and can be used in addition to your pain medication.
- Ice and elevation to control swelling can also be effective in helping to control pain.

Diet:

- Following surgery, nausea is very common. Begin with clear liquids and progress to your daily diet as tolerated.

Activity:

- No lifting with your operative arm
- You should work on extending and bending your fingers, wrist and elbow through a full range of motion several times per day. These exercises can be started the day after surgery and are strongly encouraged.
- You are encouraged to walk in a controlled environment.
- Driving may be resumed when you are off narcotic pain medications and feel you can safely control your vehicle. Estimate is 7 days after surgery; however, this can vary from person to person.

Work:

- If you have a desk job you should be able to return to work in a couple of days. However, no lifting with your operative arm. Additionally, overuse and repetitive tasks with your operative arm should be avoided.
- If you work in an occupation that requires more strenuous activity or lifting your return to work may be 6 weeks or more.
- Maximal medical improvement and full duty without restrictions is estimated at 4-6 months.

Wound Management:

- You should remove your dressing 2 days after your surgery. Apply new dressings to cover your wound daily.
- You may shower 2 days after your surgery. Water may run over wound. Blot dry after shower. Do not allow your wound to soak in water (i.e. hot tub or bath) until cleared by your physician.
- No sutures need to be removed.
- Call your physician immediately if you have purulent drainage (thick, yellowish drainage) from your wound, increasing redness or pain (847) 381-0388.

Follow-up appointment:

- Your follow-up appointments should have been scheduled prior to your surgery (see attached page).