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POSTOPERATIVE INSTRUCTIONS – ULNAR NERVE DECOMPRESSION/TRANSPOSITION

MOVEMENT

It is safe to come out of the sling to move your shoulder and wrist. Light range of motion of the elbow is permitted as well. The sling is for comfort and to protect the incision.

ICE

You can utilize regular ice at intervals of 15 minutes at a time, every 2-3 hours – keep your dressing clean and dry.

In addition to icing your elbow, elevate your arm while at rest. This will help reduce swelling.

MEDICATIONS

Local anesthesia was spread around your incision after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

DRESSING/BANDAGES

Keep your dressing clean and dry. Do not remove your dressing until your first post op visit (7-10 days post-surgery). You may shower if you completely cover the dressing with a waterproof bag.

DRIVING

You may drive 3 to 5 days after surgery if you are not taking pain medication.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incisions.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy. If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.