

---

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

---

### **Pain Management:**

- Post operative pain is best controlled with multi-modal treatment. This typically involves a combination of some or all of the following medications/injections: Regional nerve blocks (interscalene nerve block), NSAID's, acetaminophen, narcotic medications, and/or gabapentin.
- Medication prescriptions will be provided at the time of your surgical procedure.
- Do not drink alcohol while taking pain medication.
- Icing the affected area can be very effective in controlling swelling and inflammation and can also be effective in helping to control pain.
- **Note: Exceeding the maximum amount of pain medicine, Tylenol/acetaminophen or taking alcohol with these medicines can lead to liver failure and death.**

### **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).