

POSTOPERATIVE INSTRUCTIONS – ULNAR NERVE DECOMPRESSION / TRANSPOSITION

MOVEMENT

You can move your elbow as much as tolerated. You should come out of your sling multiple times a day to move the elbow. The sling is for comfort only. No driving while in the sling.

ICE / ELEVATE

Use ice to help decrease swelling and pain after your surgery. May use at intervals of 20 minutes on with at least 30 minutes off. Do not use ice while you are sleeping.

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

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. arm). If an injection of local anesthesia was injected into your elbow after the completion of the operation, this medication will wear off in 5-6 hours. Therefore, begin taking the medication (e.g. Norco, Percocet, etc) immediately when begin feeling pain. This will prevent you from having severe pain. Take the pain medication every 4 - 6 hours as needed.

The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This will help cut down the use of narcotic-based pain medication.

DRESSING / BANDAGES

Keep your dressing clean and dry. You may remove the dressing 3 days after surgery. Please place waterproof band-aids over the incision sites. It is okay to shower 3 days after surgery – keep incisions clean and dry.

DRIVING

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

APPOINTMENT

This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed if needed.