



Northwest Neurosurgical Associates, LLC

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Discharge instructions for ulnar nerve decompression

Please note: These are general guidelines and helpful suggestions for your post-operative recovery period. Everyone progresses at their own individual pace.

Medications:

- a. Resume all previous medications unless instructed otherwise.
- b. Pain medications as prescribed. Take only as needed.
- c. Muscle relaxants as prescribed. Take only as needed.
- d. **NEVER DRIVE OR OPERATE MACHINERY UNDER THE INFLUENCE OF NARCOTIC PAIN RELIEVERS OR MUSCLE RELAXANTS.**

Activities:

- a. Keep sling on 10-14 days after surgery.
- b. The sling may be removed while sleeping and showering.
- c. No lifting, pushing, pulling, overhead lifting arm with surgery. No driving while on narcotic pain medications. (approximately 1 week)
- d. Your energy level will be decreased for a short period of time following surgery.
- e. Walking is the best exercise after surgery.

Diet:

- a. Your appetite may be decreased. It may help to eat smaller, more frequent meals.
- b. Your surgery and narcotic pain medications may cause constipation. If you need a laxative, try 1-2 tablespoons of Metamucil per day, and/or a tablespoon of milk of magnesia in the morning, drink lots of water. Remember to eat fiber, fresh vegetables, prunes, and fresh fruit.

Care of incision:

- a. Keep elevated above level of heart when possible.
- b. Please keep dressing on for five days.
- c. Please keep the dressing clean and dry.

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- d. Ice 2-3 times a day for 15-20 minutes at a time (wrap ice in towel prior to icing)
- e. You may shower after the surgery, but do not place the wound below water. Cover the arm with a plastic bag to keep it dry for 2 days.
- f. Do not submerge the incision in a bath tub, hot tub, or swimming pool for 2-3 weeks.
- g. Do not be surprised if redness develops around the sutures. If progressive redness or pus-like draining develops, please contact the office.
- h. Unless directed, no ointments (such as Neosporin) on the incision.
- i. You may notice some numbness and swelling around your incision which is normal. This should gradually decrease.

Additional instructions:

- a. If you have not already set up your post-operative appointment, please call the office when you get home to schedule your appointment. Your discharge paperwork should have instructions on it when you need to follow-up with your doctor's office.
- b. Medications are renewed only between the hours of 8:30 to 12:30 and 1:30pm-4:00pm, Monday thru Thursday, and 8:30am-12:30 on Friday. Please allow 2 business days for refill requests.
- c. No medications will be renewed during the weekends or after hours. No exceptions. Plan ahead.
- d. If you have any questions or concerns, please call our office at 503-885-8845.