



Ulnar Nerve Decompression and Subcutaneous Anterior Transposition
Dr. Bakker's Post-op Protocol

Important Instructions Following Surgery:

- After surgery, your forearm and hand will be in a large bandage and plaster splint. Please DO NOT remove this. Try to keep your bandage clean and dry.
- To minimize swelling, you must keep your hand lifted up to your shoulder level.
- When sitting or lying, you should use pillows to support your surgically affected extremity, especially when sleeping.

-Surgery to Week 2:

- Remain in the post-operative dressing.
- Perform gentle range of motion activities of the fingers.
- Ice 20-30 minutes three times daily. Elevate when resting.
- Transition to Tylenol.
- Schedule an appointment with Dr. Bakker at the end of week two. Your post operative dressing and the sutures will be removed. You may get your surgical area wet after sutures are removed, but it is best to avoid submerging your incision for 1-2 days.
- You will be placed in an Orthoglass posterior slab splint. This will allow for wrist movement but will restrict your elbow from flexion and extension. You will remain in this at all times for an additional week with the exception of hygiene.

-Week 3:

- Discontinuation of narcotics is expected, continue with Tylenol and ibuprofen as needed.
- Discontinue the use of the splint at 3 weeks post-operatively.
- Advance to lifting and all activities as tolerated without restrictions.