



ULNAR NERVE TRANSPOSITION (SUB-CUTANEOUS)

Daniel J. Marek, MD

Phone: 952-314-0771

Fax: 952-442-2029

DanielMarekMD.com

Important instructions following surgery:

- After surgery, the wrist and hand will be in a light dressing. Please DO NOT remove this for the first 2 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the arm elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.
- To avoid stiffness and finger swelling, do gentle range of motion with the fingers. A pulling sensation may be noted, this is normal after surgery.
- GOALS:
 - Restore wrist, finger, thumb range of motion
 - Promote tissue healing environment and decrease inflammation
 - Promote nerve healing and regeneration
 - Restore upper extremity strength and function

3-5 Days Post-Op:

- Remove post-op dressings on day 2 and apply a band-aid. No antibiotic or general ointments for 2 weeks.
- Begin active elbow and wrist range of motion.
- Patient may begin showering, if wounds are healing.
- Edema reduction, if needed.
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.
- No splint required.
- Lifting restrictions: <10# for 1 month

2 Weeks Post-Op:

- First PA-C post-op visit, return to the clinic at the end of week 2.
- Continue range of motion, edema reduction with home program.

4 Weeks Post-Op:

- .Advance lifting to tolerance

6 Weeks Post-Op:

- Return appointment with M.D.
- No restrictions.