

Ulnar Nerve Decompression/Transposition Postoperative Instructions

ACTIVITY AND SLING USE

- You will be non-weightbearing with your operative arm for the first 2 weeks.
 - No lifting more than 5 pounds with your operative arm for the first 6 weeks.
- You may move your wrist and fingers as you tolerate but should limit active elbow motion until your follow up appointment.
- You should use your sling most of the time until your first follow-up appointment.

DRESSING

- You may remove your dressing 2 days after surgery. You will have Steri-Strips over your incision; please keep these in place until your follow-up appointment.
 - Starting on post operative day 2, you may shower but should avoid scrubbing your incisions. No soaking your incisions in a bath or hot tub.

PAIN CONTROL

- You may have received a nerve block or local anesthetic injection. This provides excellent pain relief for the first 8-36 hours following surgery. This wears off at various times for each patient.
- You will be prescribed pain medication (outlined below) for your postoperative pain.
- We also recommend icing frequently for pain or swelling after surgery.
 - You can use any form of ice (icing machine, a bag filled with ice cubes, bag of frozen veggies, or reusable ice pack).
 - Use a protective layer (such as a dish towel) between the ice and your skin, so that you do not freeze your skin.
 - Ice for 20 minutes at a time, with at least 20 minutes off in between icing sessions.

MEDICATIONS

- Oxycodone 5 mg, 1-2 tablets every 4-6 hours as needed
 - This is a narcotic pain medication for moderate to severe pain. It is our goal to wean our patients off this medication within the first few days following surgery.
- Tylenol 500 mg, 2 tablets every 8 hours
 - We recommend this as a baseline pain medication for the first week following surgery.
 - DO NOT exceed 4000 mg of Tylenol in a 24-hour period.
- Ibuprofen 200 mg, 3 tablets every 8 hours
 - If you can take NSAIDs, over the counter Ibuprofen can be helpful for mild to moderate pain and can replace narcotic pain medication
- Zofran (ondansetron) 4 mg, 1 tablet every 6 hours as needed for nausea

- This is an anti-nausea medication that can help resolve nausea associated with anesthesia and narcotic pain medications.
- Colace (stool softener) 100 mg twice daily
 - The use of narcotic pain medication can cause constipation. We suggest using an over-the-counter stool softener (Colace) while taking pain medication. Stop taking this medication if diarrhea develops.
- Resume all home medications the day after surgery.
- Variations in postoperative medications may be made on an individual basis.

DRIVING

- You are not allowed to drive while taking narcotic pain medication.
- Dr. Schuette will discuss with you when it may be appropriate to return to driving.

POSTOPERATIVE APPOINTMENTS

- Your first postoperative appointment will be 1-2 weeks after your surgery.
 - Sutures or staples will be removed if required.
 - Your sling will be discontinued.
- Your second postoperative appointment will be approximately 6 weeks after surgery.

REASONS TO CALL THE OFFICE

- Please call Dr. Schuette's office (952- 442-6943) if you have any questions or concerns, or develop the following:
 - Increased pain that is not responding to pain medication
 - Increased warmth or redness at the surgical site
 - Large amounts of bleeding or drainage
 - A sustained fever greater than 101° F
 - Excess pain or swelling of the calf
 - You significantly injure your operative body part