



CONNECTICUT  
CENTER FOR  
ORTHOPEDIC  
SURGERY, LLC

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Orthopedic Surgeon

www.OrthoOnTheWeb.com

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## ULNAR NERVE TRANSPOSITION POSTOPERATIVE INSTRUCTIONS

**Activity:** After your ulnar nerve surgery, you will be placed in a bulky dressing. There may be swelling of the hand and wrist following surgery. You are encouraged to keep the hand elevated in a sling or on a pillow when lying down. If your fingers are exposed, try to move them as much as possible to avoid joint stiffness and swelling. Do not force the elbow to move within the first 48 hours, but some motion is permitted. After 48 hours, you are encouraged to use the arm for light daily activities without lifting more than 1 pound. Let pain be your guide. Use ice packs to the elbow for the first 24 hours after surgery. Apply the ice as frequently as needed after surgery. After 24 hours, you may use the ice packs two or more times a day for 20 minutes at a time, if desired for comfort. It is normal for the arm to be painful after surgery. Sensitivity of the incision is common after several weeks. If this occurs, massage hydrocortisone cream (available over the counter) into the incision 3 times per day.

**Dressings:** After your ulnar release, the bulky dressing should remain in place until you first post op visit at 1 week after surgery. At that time, the dressing will be removed and you may use the arm and hand as tolerated. You are encouraged to use the arm and hand for light activities only. Keep the sutures or Steri-strips intact and covered with a Band-Aid. Once the dressing is removed, you may shower. Cover the small incision with Band-Aids after the shower. Try to keep the incision dry. But if it does get a little wet, clean it with rubbing alcohol, allow it to air dry and cover with a Band-Aid. The wound should be cleaned with alcohol daily and covered with Band-Aids after the dressing is removed.

After about 3 weeks, you are encouraged to use the arm as normally as possible. This encourages the tendon to heal in such a way that it will eventually be stronger and more durable than if you protected the arm in a splint until the pain resolves. It is normal for the arm to be painful after surgery.

**Medications:** You may resume your normal medications that you took prior to surgery. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends.

### **Plan ahead.**

Medications for postoperative pain are as follows: \_\_\_\_\_ 1-2 pills every 4 hours if you have pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate those medications and are not taking blood thinners. Once the nerve block begins to wear off, start your pain medicine.

**Follow up:** Make an appointment to be seen approximately \_\_\_\_\_ days after surgery. I will discuss the procedure and the findings during surgery at this visit.

**Problems:** Complications from elbow surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero". Call the office for a temperature over 101 degrees, pain not controlled by the pain medication.

**CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. An on call physician is available after hours.