



## Discharge Instructions for Ulnar Nerve Decompression

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Orthopedic Surgery

Name: \_\_\_\_\_

**Medications:** Take any medications only as directed.

- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.

**Diet:**

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

**Activity:**

- Avoid using your arm for manual tasks until approved by the office.
- Do not lift any object heavier than a light book or magazine until your follow up appointment.
- Wear sling at night for three weeks.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- Do not drive if you have had any pain medication within four hours. You may ride in a car as a passenger as much as tolerated.
- 2 lb. weight lifting restriction for one month.

**Wound Care:**

- Keep dressing/splint intact for two weeks (until follow-up appointment)
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but keep your dressing/splint clean, dry and intact.
- An appointment has been scheduled for you below to have your sutures removed.

**Follow-up:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

With: Derick M. Johnson, DO

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Adam Geller, PA-C