



Post Operative Instructions for Ulnar Nerve Release

After Surgery

- After surgery you will have Dermabond glue over the incision. There are stiches underneath the skin but they will dissolve on their own and will not need to be removed.
- Because your incision is waterproof, you may shower the day of your surgery.
- You may move your elbow right away but do not lift more than 10 lbs for 2 weeks.
- You may not drive yourself home from the hospital but you may start driving the following day.
- You will be given a prescription for pain medication. *Do not drive while on pain medication and do not drink alcohol while on your pain medication.*
- The time you will need to take off work will vary depending on what type of work you do, for a desk job, you'll likely be able to return to work in several days. Jobs which require manual labor may take longer. If you work on a rig, it may be up to 6 weeks to return to work.
- You will have your first follow up appointment 1-2 weeks following surgery. You will need to call the office after your surgery to schedule this appointment.

What to Watch For

- Fever greater than 101.5
- Excessive bleeding or drainage
- Increased redness around the incision
- Severe pain or swelling

If any of these occur, call our office at 432 580-4700.

The staff is in the office from 9am to 5pm, the answering service will answer after hours, weekends, or holidays.