

Ulnar Nerve Release or Transposition - Plastics

Day of Surgery remember to bring 2-3 pillows, leave in the car so they are available to elevate your arm on the way home.

Care of the Surgical Site

- Keep your dressing dry until your follow up appointment.
- Once the sutures have been removed you may shower and gently wash the incision with soap and water. Pat the incision dry.
- Do not swim or soak in bath, hot tub or swimming pool for 2 weeks.
- Do not apply any creams, lotions or powders on the incision. You may apply a small amount of antibiotic ointment (eg Polysporin, Bactroban) to the incision and cover with a bandaid.
- If you have a drain, CCAC will be arranged to remove it
- To help reduce swelling and pain:
 - Keep your arm elevated above heart level (supported on pillows) up to 5 days
 - Use a covered ice pack front and back; apply for 20 minutes 4 times a day for 48 hours.

Activity

- Wiggle your fingers and open and close your fist, bend and straighten your elbow as much as comfortable, 4 times every hour.
- Your surgeon or therapist will tell you when to remove the sling.
- Ask your surgeon when you can return to work.
- You may drive 24 hours after your surgery unless instructed otherwise by your surgeon. This is to ensure that the anesthetic medications are cleared from your body.

Follow up

- Keep your follow up appointment with your surgeon. If you do not receive an appointment or need to change it, please call the surgeon’s office to make other arrangements.
- **For after-hours assistance**, call St. Joseph’s Health Care London, 519-646-6000 and ask for the Plastic surgery resident on call.
- **Please note that calls for pain medications cannot be accepted between the hours of 10 pm and 8 am. You should call your surgeon’s office during working hours if a renewal is required.**