

After Your Elbow Ulnar Nerve Transposition

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a splint on to keep your elbow still for the first 2 weeks
 - Cover the splint for showers until your follow up
- Call our office at 308-865-2570 if you are concerned about your incision

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - You should start taking pain medication as soon as you start getting feeling back, indicating the nerve block is wearing off to avoid rebound pain
- You are allowed to drive when you are not taking prescription pain medication

Activity

- You are encouraged to aggressively move your hand immediately after surgery
- Elevate your arm for the first few days after surgery
- Use your sling as long as needed after surgery
- Do not lift anything over 5 pounds with your arm after surgery

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
- Formal therapy is usually not required

Results

- Patients should expect soreness around the incision to last a month or more after surgery
- Numbness can occasionally take weeks or months to resolve