Discharge Instructions for
Ulnar Nerve Decompression

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

Carl H Wierks, MD
Adam Geller, PA-C