



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – ULNAR NERVE SURGERY

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6-24 hours if you have a block.
- Keep the splint on. It is important to keep it clean and dry. Use a bag over it when showering or while taking a bath.
- Most likely, your fingers will be free. You should move them, even if you use the other hand to move the fingers slowly to prevent them from becoming stiff.
- **Don't lift anything with the affected hand.**
- **If you think the bandage or splint is too tight, it probably is.** Please call us. It is OK to have someone help you unwrap the ace and rewrap it. The plaster splint underneath can also get dislodged. Remember, you were feeling nothing when it was put on, therefore there may be some pressure points that irritate the skin. If you think there is a problem, please call us so we can get you in to change the splint.
- If you had surgery on your dominant hand, writing will be difficult. Don't push it.
- **It is normal to have any type of nerve symptom.** Numbness, increased/decreased feeling, increased/decreased the temperature, shooting electrical pulses, or nothing. Abnormal feelings can take some time to go away. The nerve is already damaged surgery can irritate it. Healing of the nerve can take 6-18 months in severe cases.
- **Call us to be evaluated for any redness, increased heat or anything that looks like an infection.**
- **An increase in pain days out from surgery usually means you are doing too much with the arm.** If it continues despite rest, please call.
- It is ok to take Ibuprofen in addition or instead of pain medications.
- Please call for any questions.

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