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## **Ulnar/Median Nerve Decompression**

### **Post-operative care instructions**

#### **Night of Surgery:**

- Elevate arm (the operation site) on pillow
- Wiggle fingers and thumb from time to time
- Take analgesia as prescribed for pain

#### **Following Days:**

- Remove outer crepe bandage and cotton dressings on day 3 following surgery
- Change inner bandage dressings as required or when dressings get soiled
- Keep wound dry
- Dab wound dry should it get wet
- Do not put pressure on the wound
- Do not drive until after the stitches are removed
  
- **If sutures are used, please attend your local doctor to have them removed between day 10-14 following SURGERY.**
- **If absorbable sutures are used, please attend your local doctor for a wound review around 7 days following DISCHARGE.**
  
- Make an appointment to see your surgeon in 3 weeks but a telehealth review will already be arranged for 1 week after surgery
- If you perform non-labour intensive work that does not impact on your arm or the wound, you may return to part-time modified work after the stitches have been removed
- If you perform labour intensive work, do not return to work until after you have seen your surgeon