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## Discharge Instructions for Ulnar Nerve Decompression

Name: \_\_\_\_\_

David W. Lowry, MD, PC  
M. Adam Kremer, MD, PLC  
Scott M. Tuinstra, PA-C, MS  
Jefferson Alferink, PA-C  
*Neurosurgery*

**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.
- 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.

**Wound Care:**

- Call the office if you have drainage from your wound, separation of wound edges, or increased pain, redness or swelling.
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but do not soak the incision in a tub or pool until your sutures have been removed. Dry the incision by blotting, not rubbing.
- You do not need to keep a dressing on the wound.
- An appointment has been scheduled for you below to have your sutures removed.

**Follow-up:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ With:

- David W. Lowry, MD
- Adam Kremer, MD
- Scott M. Tuinstra PA-C
- Jefferson Alferink, PA-C