



**STEVEN C. KRONLAGE, MD**  
**Hand & Upper Extremity Surgery**  
Florida Bone & Joint Specialists



## 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 temperature, shooting electrical pulses, or nothing. The abnormal feelings can take some time to go away. The nerve is damaged before we start and surgery will irritate it. Healing of the nerve can actually take 6-12 months in severe cases. Nerves actually regrow at 1mm per day. That is an inch per month. Sometimes if the compression is severe, the nerve actually will regrow from the elbow down to the hand.
- **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.
- When you return to the office, I will take the splint off. You will be provided with a small cock-up wrist splint. The may be counterintuitive as it goes over the wrist. It is protecting the repair of the wrist flexors and the large wrist pronator muscle at the elbow. It usually takes about 6 weeks for this to heal enough for light activity without the splint.
- By three months there are no limits on activity (lifting weights, heavy work, etc.) except in unusual cases.

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