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DISCHARGE INSTRUCTIONS FOR ULNAR NERVE SURGERY

- 1. FOLLOW UP:** Follow up will be on one month. However, if there are any issues, questions or concerns that I cannot handle over the telephone I may need to see you earlier.
- 2. WOUND CARE:** The wound is presently dressed and is clean, dry, and sterile. Keep the dressing that is presently on there for four to five days at which time you can unwrap and remove it. You can then take a shower and get it wet. Make sure to get it clean and dry after that. Keep it dry. There are no stitches that need to come out. There are three layers of stitches below the skin. Keep your fingers off the wound. Keep it very clean and dry.
- 3. ACTIVITY RESTRICTIONS:** You can bend the elbow within your elbow joint pain. Be particularly cognizant not to cause pressure on the inside of the elbow over the wound. Do not lean on the elbow on counters and such. You can use your hand as much as you want.