

A Guide for Patients and Families

Peripheral Nerve Surgery Post-Operative Care

What should you do after you have been discharged from peripheral nerve surgery?

These instructions provide general information and advice on what you should do after you have been discharged.

Please note that these guidelines are not exhaustive and taking these precautions may help to reduce risks and complications after your surgery.

Examples of Peripheral Nerve Surgery include:

- Carpal tunnel decompression.
- Ulnar Nerve Decompression.
- Excision of peripheral nerve lesions.

Care and Management



Diet

There are no restrictions to your diet and you may continue to eat as per normal.

Wound Care

- Keep your wound clean, dry and covered until the sutures have been removed (if applicable), or instructed by the doctor.
- Change the dressing only if wet or dirty.
- Do not apply any lotion, ointment or other products to your wound unless specifically instructed by your doctor.
- If there are sutures, keep your appointment for suture removal as advised.
- Keep your limb elevated to prevent or reduce swelling.
- Take pain killer medications as prescribed.
- Inform your doctor if you experience any increased discomfort or numbness in the operated limb.
- Avoid strenuous use of the operated limb as advised by your surgeon.



Complications (if any):

- If the pain, you are experiencing is not relieved after taking pain killers.
- There is a change in skin colour, worsening numbness or weakness in the operated limb.
- There is persistent discharge, redness, pain, swelling, bleeding around the operation site.
- If you have fever of 38°C and above.
- Please go to the Emergency Department if you experience any of the above symptoms.