

Department of  
**NURSING**

## Post-Operative Care for Peripheral Nerve Surgery



## 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

## Do You Need to be on a Special Diet?

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

## How Should You Take Care of Your Wound?

- 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.

Date : \_\_\_\_\_

- Keep your limb elevated to prevent or reduce swelling distally.
- Take pain killer medications as prescribed.
- Please inform your doctor at follow up if you experience in increased discomfort or numbness in the operated limb.
- You should avoid strenuous use of the operated limb as advised by your surgeon.

## When Should You Seek Medical Attention?

- 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 or bleeding around the operation site
- If you have fever of 38<sup>0</sup>C and above

Please go to the Emergency Department if you experience any of the above symptoms.

## Where can You get Help?

- You can call Tan Tock Seng Hospital Orthopaedic Clinic at 68894055/68894079 for an earlier appointment with your surgeon

### Office hours:

Monday to Friday : 8 – 5pm

Saturday : 8 – 12pm

Sunday & Public Holiday: Closed

- After office hours, you are advised to seek treatment at the Accident & Emergency Department or go to your nearby Polyclinic or family doctor