



# PERIPHERAL NERVE DECOMPRESSION

These instructions will help you take care of yourself at home.



## DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



## ACTIVITY

Increase activity gradually. Avoid heavy lifting or activities that will "pull" on the incision site. You may drive in about a wk. Dr. Elias will let you know when you should return to work (usually 4-6 wk.)



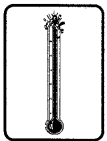
## SPECIAL CARE AND INSTRUCTIONS

### INCISION / WOUND CARE

You will have internal sutures that are dissolvable and your incision line will be covered by a skin glue called Dermabond. This will come off on its own in about 5-7 days. You may shower in 24 hr. and pat the incision dry. **Do not take a bath or submerge your incision in water for about two wk.** Do **not** apply creams, lotions, or peroxide.

**PAIN CONTROL:** Incision pain and soreness are expected after surgery. This should improve each day. You will probably be given a prescription for pain medicine.

**FOLLOW UP:** You will need to make an appointment for a follow up visit approximately four wk. after your surgery. The phone no. is (800) 362-2203



## INFECTION

Watch for any sign of infection after surgery: call for fever greater than 101, if you have chills, increased pain, drainage, redness, or swelling.



## WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for  
"Resident on call" for Dr. \_\_\_\_\_ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)

**Call 911 if you have chest pain or shortness of breath**