



Yalamanchili Brain & Spine

Ravi Yalamanchili, M.D.

Neurological Surgery

Tel (301) 846-0100

1 (866) 833-5195

Fax (301) 846-0244

www.yalamd.com

Specializing in: Intracranial Surgery • Microendoscopic Discectomy • Endoscopic Surgery • Spinal Instrumentation
Minimally Invasive Surgery • Stereotactic Surgery • Cyberknife

Post-operative Instructions after Peripheral Nerve Surgery Carpal Tunnel & Ulnar Nerve Release

- Medications** Take the pain medication prescribed to you following surgery as needed.
- Diet** Resume your normal diet.
- Self-Care Instructions** Place the arm that was operated on across your chest when lying or sitting the first 2-3 days as much as possible. This will help to decrease the pain and will also reduce the swelling.
- Remove all dressings the day of after surgery. You may then shower.
- Activity** Do not drive until you are released to do so at your return appointment.
- Notify your doctor if:** If you notice any bleeding, discharge or pain which is not relieved with pain medications call the office immediately.
- Follow-up Care** Call the office to arrange for an appointment about 1 week after your surgery.
- For further information** Feel free to call the office at any time should you have any questions or concerns.