

Spasticity Neurectomy Post-Op Instructions

Overview:

In this incision the nerve to the muscle that was causing you spasm has been cut. This should give you a result similar to the botox that you may have had in the past, but with longer lasting effects.

After Surgery:

Two days after surgery you may removed the dressing. You may wash the incision with mild/unscented soap and water in the shower or over the sink. Do not submerge your incision site in bath or dishwasher. Every morning for the first week you can place a new dressing over your incision. In the evening, remove the dressing and check for redness and swelling. A little bit of bruising is normal.

If you have a splint that has been made to support your wrist or stop your contracture, you can wear it starting 2 days after surgery.

Activity and Care at Home:

You have no restrictions with your non-operative limbs, and no real restrictions with the operated limb, just careful activity and avoid heavy lifting with the operative limb and avoid pressure on the incision.

Do not do any activity that hurts or causes pain at your surgery site. A more formal physical therapy program can start after your initial post-operative visit, usually 2 weeks after surgery.

Pain Management:

You will have freezing that lasts 1-8 hours that helps with your pain control. It is important that you not use the hand during this time. When the freezing wears off, you may feel tingling in your fingers. To manage pain, take Ibuprofen (Advil) and plain Tylenol every 6 hours for the first 48 hours. If that is not sufficient, then take the prescription medication. Do not take more Tylenol or ibuprofen than is recommended on the bottle in 24 hours. You can refer to the pain management handout. Generally, you will have pain for 24-48 hours then it should decrease significantly. A cool gel pack may also help with the swelling.

You should keep your hand elevated about the level of your heart. Slings are not needed.

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IMPORTANT:

The surgery may be performed under general anaesthetic therefore must not operate motor vehicles, boats, power tools or machinery for the first 24 hours.

If you have had hand surgery under a general anaesthetic or sedation you must not drive or operate other machinery for 24 hours after surgery. Please note that the Motor Vehicle Act of BC 195 (1) prohibits operation of a motor vehicle if "the control of the driver over the driving mechanism of the vehicle... is obstructed." Driving with a hand injury or cast in place that impairs your ability to hold the steering wheel is therefore in violation of the Act. You may resume driving once you have return of function to your operated hand and no longer require narcotic pain medication.

If you experience increasing rather than decreasing pain, bleeding not controlled with pressure, excessive swelling or bruising, increased swelling or redness around the wound, increased drainage from incisions or in your drains, foul odour, fever, chills, please call your surgeon's office. If you experience shortness of breath, or arm or leg pain, call 9-1-1 or visit your emergency department.