

Gregory F. Ricca MD, FAANS, FACS
Neurological Surgery

SEARCY MEDICAL CENTER
An Outpatient Department of
White County Medical Center

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Instructions for _____ Following Fibular Nerve Decompression

1. No driving for 5 days and only drive if you feel well enough
2. Keep your lower extremity elevated as much as possible. Sleep with it elevated on two pillows. This will decrease swelling, decrease pain, and speed healing.
3. Take your pain pills if needed but do not take more than prescribed. **Pain medications will not be refilled early.**
4. Do not drive or operate machinery while taking your medications.
5. **NO SMOKING!!** This greatly inhibits healing and increases the risk of infection.
6. You may shower 2 days after surgery. Prior to showering, please remove your bandage. Leave the steri-strips (the little tape strips) in place. At the end of your shower, rinse off your incision with clean water and then pat it dry. Do not soak your incision. You may place a new bandage on the incision only after it is completely dry. A clean dry wound will almost never get infected. A moist wound greatly increases the risk of infection.
7. **Notify us (call) for temperature above 101 degrees, drainage from your incision or “breaking open” of your incision.** Some swelling, hard knots, and bruising may be present. These will go away eventually.
8. Please contact us (501-278-8330) if you have any problems or questions. If you need to speak with someone after hours, call WCMC hospital and ask for the doctor on call for Dr. Ricca.
9. We do not expect you to need more pain medication than you have been prescribed. If you have a problem, please contact us. **We do not provide prescriptions after hours or on weekends. We do not refill prescriptions early, even if they are lost or stolen.**
10. You may return to work whenever you feel able. Please contact us if you need a release to return to work prior to your follow up appointment.
11. Your follow-up with Dr. Ricca is on _____ at _____.