

Post Operative Instructions: Clavicle Fracture Repair

You are recovering from shoulder fracture surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your dressing on for 7 days. Usually the dressing is waterproof. If this was used you may shower and pat the dressing dry. After removal, cover with a dry dressing as needed. You can shower over the incision, but do not rub dry, pat dry instead.
2. Post-operative bleeding is common. Reinforce the dressing as needed. If you have concerns on the amount of bleeding, please call the office.
3. Wear your sling at all times. Remove your sling ONLY for showering and clothing changes as directed. Keep your arm at your side for showering and clothing changes. Wear your sling during sleep to decrease movement and thus discomfort.
4. You may ice over the incision. A bag of ice or a frozen bag of peas work well. Put a thin towel or washcloth between the ice and your skin. Use ice 20 minutes at a time for at least 2 times per day.
5. Your post-operative therapy begins the day of surgery. Elbow and wrist Range of Motion (ROM) exercises should begin on the first post-operative day. You may perform active motion of your hand, fingers and wrist. You can also do pendulum exercises, where you lean over and let your arm fall forward with gravity and gently roll it clockwise and counter clockwise to provide a little movement in your shoulder. You need to perform these exercises 3-4 times per day as tolerated.
6. Pain after surgery is common. The prescriptions given to you should control your pain. Do NOT mix alcohol and prescription pain medications. You should use the

medication as discussed in the office. Your need for prescription pain medication should decrease after 3-7 days.

7. If you have the following problems, call the office: increased pain after the first 3-4 days, a temperature over 101.5, unusual rashes, circulation or sensation problems.
8. Do NOT drive while you are still wearing your sling or if you are still taking narcotic pain medication. You will be advised on when you can return to driving.
9. Your first post-op office visit will be 10-14 days after surgery. Please call the office with any questions or concerns (607) 734-4110.