

## **Post Operative Instructions: Proximal Humerus ORIF**

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

1. Keep your dressing on for the first 7-10 days. You can shower over it. After that, you can remove it. The incision is glued. You can shower over that, but do not soak/submerge it for 2 weeks.
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.
4. Use your cold therapy unit as directed until your first post-op visit. Wear it over your clothing regularly for 2 days. Change the water in the unit every 4 hours while awake. After 2 days, wear the unit for 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 may perform only passive elbow range of motions. You need to perform these exercises 4 times per day as tolerated.
6. You may remove your sling once a day to do the rehab exercises prescribed by your surgeon. These were taught to you by the therapist in the hospital. If you have any questions about which exercises, or how to do the exercises, please call the office.

7. Pain after surgery is common. The prescriptions given to you should control your pain. Do NOT mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days. After that, you should begin to take your preferred over the counter pain reliever (Advil, Tylenol, aspirin) as needed.
  
8. 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.
  
9. 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.
  
10. 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.