

## Post-Operative Care

### Open Reduction/Internal Fixation of Clavicle Fracture

#### Dressing/Wound Care

- Do NOT get the bandage wet.
- Remove the bulky bandages and dressings (**not the white steri-strips**) after:
  - 2 days for Drs. Rockett, Shah, Healy and Osuch
  - 3 days for Dr. Christiano
- Leave the white steri-strips on the skin until they fall off on their own
  - You may place band-aids over the small wounds.
- You may notice some drainage around the wound, this is normal.
  - If this persists more than five days, please call the office as a precaution. This can still be normal.
- If you have visible stitches on the skin, **do not get the wounds wet until you follow-up with your doctor.**
- If you have steri-strips on the skin you may shower on the 2<sup>nd</sup> or 3<sup>rd</sup> day and let the water run over the wound, do not scrub the wound, just blot it dry.
  - No baths, pools, or hot tubs until told.
- You may remove the sling to shower (unless otherwise instructed) keeping your arm at your body's side for comfort.
- Some swelling or bruising around the arm, elbow or hand is expected and can last up to several weeks.
- Use ice over your shoulder for the first 24-36 hours after surgery. You may place ice over the bandage for as long as you feel comfortable (recommend at least 20 min./hour). **Do not place ice or ice pack in direct contact with skin.**
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

#### Ambulation and Movement

- Immediately after surgery you will be placed in a shoulder sling.
- Please wear the sling at all times except for showering and with elbow motion.
- Take your arm out of the sling and gently bend and straighten your elbow 20-30 times twice a day. Do this with your arm at your body's side for comfort.
- Perform wrist and hand range-of-motion several times per day to prevent stiffness.

## **Post-Operative Care Open Reduction/Internal Fixation of Clavicle Fracture (continued)**

### **Medication    Take as prescribed**

- You will have received a prescription for pain medication.
  - Do not operate machinery or drive while taking this medication.
  - This medication may cause nausea or vomiting.
- You may have been given a prescription for an anti-nausea medication.
  - Take as directed for any nausea associated with the pain medication.
- For added pain control, begin taking Tylenol 500mg tablets, 1-2 tablets every 6 hours as needed.
- Any severe itching, hives or difficulty breathing, please call immediately.
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### **Physical Therapy**

- Physical therapy will begin once your surgeon feels it is safe to start depending on the healing of your fracture.

### **Return Visit**

- If you do not already have a scheduled post-operative visit please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after date of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.