

POSTOPERATIVE INSTRUCTIONS

Clavicle ORIF

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
 - It is normal for the shoulder to bleed and swell following surgery –if blood soaks onto the bandage, do not become alarmed –reinforce with additional dressing
 - Surgical dressings will be removed on the third post-operative day –After that, if minimal drainage is present, apply band-aids over incisions and change daily
- To avoid infection, keep surgical incisions clean and dry –you may shower by placing a large garbage bag over your sling starting the day after surgery –NO immersion of operative arm (i.e. bath)

MEDICATIONS

- Pain medication is injected into the wound and shoulder joint during surgery –this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time –this can be taken as per directions on the bottle
- Common side effects of the pain medication are nausea, drowsiness, and constipation –to decrease the side effects, take medication with food –if constipation occurs, consider taking an over the counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed (989) 583-7450.
- Do not drive a car or operate machinery while taking the narcotic medication
- **Ibuprofen 400-600mg (i.e. Advil)** may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’ reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

ACTIVITY

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

IMMOBILIZER

- Your sling should be worn at all times until further directed by physician (except for hygiene and exercises)
- Maintain your elbow against your body for best comfort

ICE THERAPY

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit –remember to keep arm supported while icing

EXERCISE

- Begin pendulum exercises 24 hours after surgery –complete 3-4 times per day until your first postoperative visit.
- Begin elbow, wrist, and hand range of motion 24 hours after surgery. Complete 3-4 times per day until first post-operative visit

EMERGENCIES**

- Contact Dr. Kerns' office at (989) 583-7450 if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in wrist or hand
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting

**If you have an emergency after office hours or on the weekend, contact the main office number at (989)583-7450, you will be connected to our on call Nurse –they can then contact the Doctor on Call if warranted.

Do NOT call the hospital or surgicenter.

**If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you have additional questions that arise at any time for Dr. Kerns or in general, please call the office directly at (989) 583-7450.
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours at (989) 583-7450 and ask for appointment scheduling.