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Clavicle Fracture ORIF Instructions

Dane Todd, MD

1. **Ice** the shoulder for 72 hours after surgery.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Dressings** – You will have a waterproof dressing over your wound. Leave this in place until clinic. This dressing is waterproof, so you may leave it in place while showering. Pat the dressing dry. If it becomes soiled or peels off, then remove the dressing and cover the incision with gauze and tape.
4. **Showering** – You may shower the day after surgery. Do not remove the clear plastic dressing. If this dressing comes off, it is still ok to shower. Wash your incision gently with soap and water; do not scrub the incision. Pat the wound dry and apply new gauze. Do NOT take a bath or submerge your wound under water (i.e. pools, hot tub).
5. **Sling** – Wear your sling at **all times** except when showering. Remove the sling 3 times daily to perform elbow range of motion and pendulum exercises. Please perform hand and wrist range of motion frequently as this helps relieve swelling and discomfort.

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: _____

Surgery Date: _____

Surgery Performed (circled) Side (circled): Right Left
Clavicle ORIF

Weight Bearing Status (circled) –
Full Partial (____%) Non

Notes: _____