



575 South 70th Street
Suite 200
Saint Elizabeth Medical Plaza
Lincoln, Nebraska 68510-2471

Toll-Free (888) 488-6667
(402) 488-3322
Fax (402) 488-1172
www.nebraskaortho.com

Patrick E. Clare, M.D. - Emeritus
Ronald O. Schwab, M.D. - Emeritus
Donald J. Walla, M.D.
Thomas M. Heiser, M.D.
Daniel R. Ripa, M.D.

Robert W. Dugas, M.D.
David J. Clare, M.D.
James W. Gallentine, M.D.
Steve J. Volin, M.D.

Justin D. Harris, M.D.
Scott A. Swanson, M.D.
Daniel B. Cullan II, M.D.
Aaron M. Bott, M.D.

Joseph P. Mulka, M.D., Ph.D.
Sukchan Lee, M.D.
Dane C. Todd, M.D.
David P. Heiser, M.D. - consulting

Proximal Humerus Fracture ORIF Instructions

Dane Todd, MD

1. **Ice** the shoulder for at least 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** – Keep your dressings on until your follow up appointment. You may shower with the dressings in place. If the dressing becomes soiled or comes off: remove it and cover the incision with gauze and tape. Your sutures are beneath the skin and will dissolve.
4. **Showering** – You may shower the day after surgery. Pat your dressing dry. Do NOT take a bath or submerge your wound under water (i.e. pools, hot tub).
5. **Sling** – Wear your sling at all times (especially when you sleep) except when working on your therapy exercises. Remove the sling 3 times daily to perform elbow range of motion, which your therapist will show you. Please perform hand and wrist range of motion frequently as this helps relieve swelling and discomfort. Your sling will be worn for 6 weeks post-operatively.
6. **Lifting** – do not lift any objects with the surgical arm. **Do not use the surgical arm to push off from a chair or to pull yourself up from a seated position.**
7. **Driving** – You may not return to driving until 5 weeks after surgery and you are off all pain medications.
8. **Physical Therapy** – You will be given a prescription for physical therapy. Take it to a therapist close to your home that takes your insurance. Start therapy 1 week after surgery.