

POST-OPERATIVE INSTRUCTIONS
CLAVICLE FRACTURE REPAIR

1. Please change the dressing on post-operative day #2.
2. Keep the wound covered with a bandage for 3 days. Do not remove the tapes on your incision. Please do not use bacitracin or other creams under the bandages. Apply the ice machine or ice 4 times each day for 30 minutes and after each time you do the exercises.
3. You may shower on post-operative day #4. Please do not soak the shoulder (no baths, no hot tubs or swimming). Cover the shoulder with plastic wrap or saran wrap and secure it with tape. Wash the armpit area daily.
4. Your sling must be worn for 6 weeks, to provide both comfort and support. The cushion should be between the body and the forearm at all times. You may take waist band off sling when out of bed. Waist band must be worn at night. The sling may be removed intermittently to allow range of motion of the elbow. You may exercise your hand by squeezing a tennis ball.
5. It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow. This will prevent excessive pulling on the suture line.
6. Please call the office to schedule a follow-up appointment 7-10 days after your surgical date.
7. If you develop a fever (101.5F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. Discontinue pain medication when able

If you have any questions, please feel free to call our office.