

Clavicle ORIF

Home Care Instructions

- Sling & Ice Cuff** The sling is worn for your comfort and protection. It should be taken off only as directed. The ice cuff is worn to minimize the swelling and pain. It should be worn for the first 3 days, 3 hours on 3 hours off.
- Diet** Start off light meals and progress diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting.
- Activity** Maintain the arm in the sling at all times (even in bed), except for three times daily to perform pendulum and elbow motion exercises and when showering, once the dressing has been removed. Do not place your arm above shoulder level. Strengthening might begin as early as six weeks after surgery if early healing is evident. No contact sports for at least 4-6 months.
- Pain Medication** You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours with food. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use an over-the-counter medicine if you choose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate. Also take 2000mg Vitamin C until wound is fully healed
- Showering** You may shower once the dressing has been removed, unless otherwise directed by your physician. Do not use a hot tub, bath, or go swimming until the doctor clears you to do so.
- Wound Care & Dressing** Your wound should be kept clean and dry. A dressing has been applied to your incision. The dressing may become moist from blood or drainage this is not a cause for alarm. However, if the drainage from the incision soaks through the dressing please call the office. This dressing may be removed 7 days after surgery, but please leave the adhesive strips in place over the incision. The incision may be left open to air or a small dressing applied.
- Ice** Ice is an excellent source of relief of pain, swelling, stiffness, and inflammation. Use it as often as 15-20 minutes three times a day. You may continue to use ice several weeks following surgery. **DO NOT USE HEAT!**
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.
- ** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****