

Proximal Humerus ORIF

Home Care Instructions

- Shoulder Sling/Immobilizer** You must use the sling until cleared to remove it. You should remove your arm from the sling 4-5 times per day to straighten your elbow and wrist/hand (unless you are specifically told not to). This will prevent stiffness.
- Activity and Diet** Begin the pendulum exercise several times a day. Bend over at the waist and let arm hang down. Using your body to initiate movement, swing the arm gently in small circular motions. Repeat for 2 to 3 minutes at a time. Keep your elbow slightly in front of your body; **do not reach behind your body**. When putting on clothing, lean forward and pull the shirt up and over the operated arm first. Then put the other arm into the opposite sleeve first, and then slip the shirt off the operated arm.
- Pain Medication** All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen. The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- Wound Care and Showering** You must keep your dressing dry and clean. It can be removed the second day following surgery. Cover the wound with a dry, sterile gauze dressing. The stitches/staples will be removed at your postoperative visit. You can shower on the third day but keep the wound dry until stitches/staples are removed. Do not take a bath or swim until cleared to do so. Check your incision daily for any signs of infection near the incision (redness, excessive swelling or drainage). Should you have any concerns about your wound please call the office.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** 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. ****