



CLAVICLE FRACTURE SURGERY

Post-Surgery Instructions & Information

Follow-up:

- Follow up in 2 weeks with Dr. English's Office (Mountain Orthopaedics). If you have non-dissolving sutures we will remove these at this appointment
- Follow-up sooner with any questions/concerns

Therapy and Use:

- Sling at all times except showers and elbow/wrist range of motion.
- Remove the sling 3 times daily to bend and straighten the elbow and wrist.

Dressing and Wound Care:

- Leave the dressing in place for 5 days and then remove if desired. Leave the tape strips or under dressing that is glued on over the incision, do not peel them off.
- You can shower with the dressing on and also once you remove it

Pain Control:

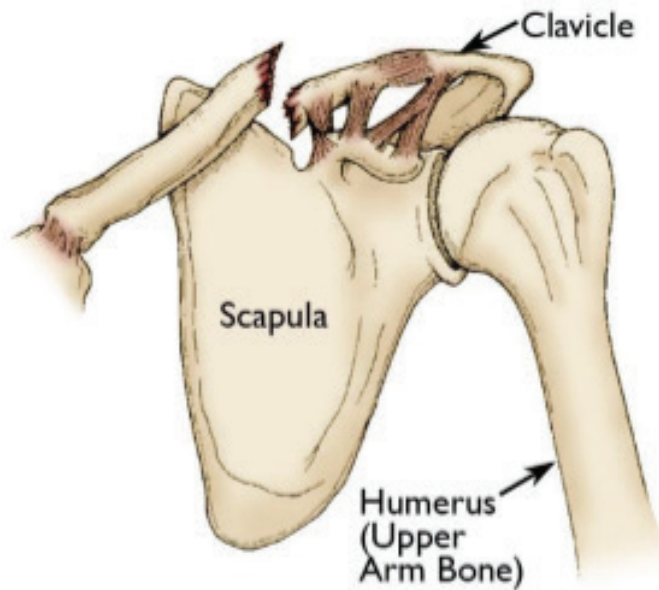
- Numbing medication used during surgery can last between 12-36 hours
- Use Tylenol and Ibuprofen for pain control after surgery
- If prescription medication is required it should NOT be taken within 6 hours of taking Tylenol (Acetaminophen). Tylenol (Acetaminophen) can be taken with or alternated with Ibuprofen
- Take your prescription medication as prescribed
- Prescription pain medication can cause constipation, nausea, itching, drowsiness, sedation, and hallucinations. It should be taken with a stool softener (Colace) and/or laxative (Miralax)

Recovery Timeline

- Days 0-2 - Immobilization in sling
- Weeks 1-6 - Gentle use, no lifting or weight bearing. Sling as needed
- Weeks 7-12 - Progress to full use, therapy to improve motion

Treating Clavicle Fractures

- There are different types of clavicle fractures. Dr. English will discuss with you best treatment options for your type of fracture



When to call the surgeon:

Call your surgeon if you notice any of the following:

- White or pale-blue hand or nails (If you pinch your skin or nail and the color doesn't return)
- Redness, drainage, or other evidence of infection
- Pain that is not relieved by prescribed medicine
- Loss of sensation that occurs 24-36 hours after surgery
- Excess swelling in hand or fingers
- Fever over 100.4°F (38°C)