



HUMERUS 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 and wrist range of motion. Remove the sling 3 times daily to bend and straighten the elbow and wrist. Depending on the fracture, my office will arrange therapy within the first 1-4 weeks.

Dressing and Wound Care:

- Leave the dressing in place until your post-op appointment. If it starts to fall off, you may remove it
- Cover while showering, do not soak or get wet

Pain Control:

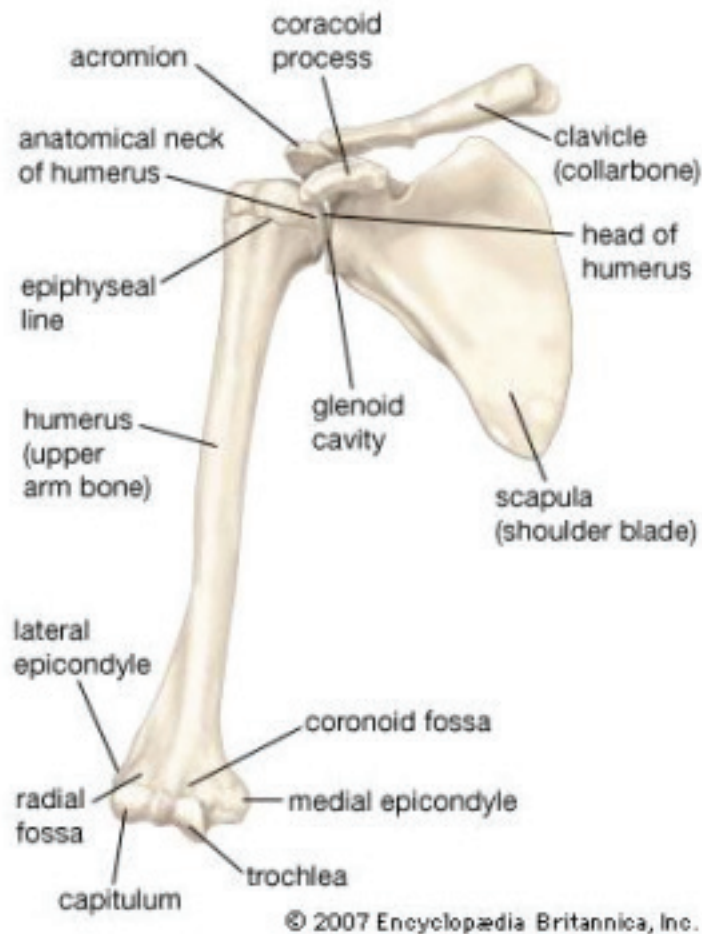
- Numbing medication used during surgery can last between 12-36 hours
- Use Tylenol and Ibuprofen for pain control after surgery
- If prescription medication is required it should NOT be taken within 6 hours of taking Tylenol (Acetaminophen). Tylenol (Acetaminophen) can be taken with or alternated with 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:

- Weeks 1-6 - Sling wear and supervised therapy
- Weeks 7-12 - Wean from sling, progress to full use, therapy to improve motion, work or sport specific therapy
- Stiffness may persist for many months. You can make improvements motion for over a year after surgery

Treating Humerus Fractures:

- There are different types of humerus fractures and each can be treated differently. Dr. English will clarify with you any specific instructions for you following your surgery



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)