

Benjamin R. Pulley, MD
*Orthopaedic Trauma Surgeon
& Joint Reconstruction Specialist*
Orthopaedic Associates of Zanesville
2854 Bell Street
Zanesville, OH 43701
740-454-3273

Postoperative Instructions after SURGICAL FIXATION OF CLAVICLE FRACTURE

1. Activity instructions:
 - a. No weight bearing with your surgical upper extremity. No pushing, pulling, or lifting with your surgical upper extremity.
 - b. The sling is optional based on your comfort level. You may wean yourself out of the sling as tolerated.
 - c. You may perform gentle range of motion as tolerated with your surgical shoulder.
2. Surgical dressing instructions:
 - a. You have a waterproof dressing covering your surgical incision. The waterproof dressing may remain in place until your first follow-up appointment in the office.
 - b. You may shower when desired, but do not submerge in a bath tub.
3. Pain control:
 - a. The best way to control pain is to control swelling. The best way to control swelling is to apply ice often.
 - b. An electronic prescription has been sent to your pharmacy for a 1 week supply of narcotic pain medication. Narcotic pain medication is sedating and constipating. Increase your fluid intake and use over-the-counter stool softeners as needed to help with constipation. Use the narcotic pain medication when your pain is most severe. Wean yourself off of the narcotic pain medication as soon as possible.
 - c. You may take acetaminophen in addition to, or in substitution for your narcotic pain medication, but do not exceed 3000 mg of acetaminophen in a 24 hour period from all sources.
 - d. You may take non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen in addition to, or in substitution for your narcotic pain medication. Some patients have been advised by their family physician to avoid NSAIDs. If you are unsure, call your family physician.
 - e. It is safe to alternate between narcotic pain medication, acetaminophen, and NSAIDs.
4. Reasons to call the office:
 - a. Foul odor or excessive drainage from your surgical dressing.
 - b. Increasing pain not relieved by pain medication.
 - c. New numbness or tingling.

- d. Signs or symptoms of systemic illness (fever, chills, nausea, generalized weakness or body aches, etc.).
5. Follow-up:
- a. A 2 week follow-up appointment was made in the office on the day that you scheduled your surgery. If you do not know the date of the follow-up appointment, please call the office at your convenience for a reminder.