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Fondren Orthopedic Group

Clavicle Fracture Repair
Post-Operative Instructions Checklist

Follow-up visit: _____

Dressing

Your dressing should remain intact until evaluated in the office. Please keep your dressing clean and dry. If your dressing becomes soiled or damp, you may remove the outer bandage and replace the dressing. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing while bathing.

Driving

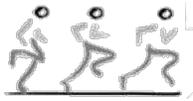
Please do not drive until you are evaluated in the office after surgery. You may be considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

Cold Therapy/Ice

Continuous icing will help to decrease swelling and provide pain relief. We recommend icing the shoulder with an ice pack at least 3 times a day, for 20 minutes at a time. It is very important to always have protection between the ice pad and your skin. Never place the ice pad directly on your skin; this could lead to an injury to your skin. Remove the ice pad twice daily from your dressing to wipe off any condensation.

Sling and Elevation

Keep sling in place at all times, unless otherwise instructed. For the first week following surgery you will only do hand, wrist and elbow motion. The second week you will incorporate pendulums.



We ask during the first week following surgery that you do the following exercises at home:

Deep breathe and cough: to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.

Finger Motion: Moving your fingers and making / releasing a fist as much as possible reduces inflammation and swelling in your upper extremity.

Pendulum exercises: Pendulum exercises are generally started the second week after surgery. Bend at your waist and slowly make small circles with your operative arm with your sling on or off.

PRESCRIPTIONS GIVEN

Prescriptions

1. NORCO 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN

Do not exceed more than 4000mg of Acetaminophen per 24 hours

2. ROBAXIN 1 TABLET EVERY 12 HOURS AS NEEDED FOR PAIN

For the first week after surgery. Helps with pain control and muscle spasm.

Side effects of medication

Pain Medication (Norco, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Norco, Vicodin or Tylenol #3, both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although an infection is rare it can be very serious if it goes untreated. Please call our office if you experience increased pain not relieved with medication, high fever, chills, redness, swelling or drainage from incision.

For further questions, or if any problems develop, please call our office at 713-794-3457.

After hours, or on weekends, you can be connected to the on-call physician at 713-799-2300.