

Clavicle Open Reduction Internal Fixation

Postoperative Instructions

MEDICATIONS: You will be given post operative medication to control pain, nausea, and constipation. Take as directed.

DRESSING: After 48 hours, you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 10 to 14 days and will slowly peel off. You do not need to redress the wound.

SHOWERING: You may shower after you change your dressings. You do not need to cover the incision, do not scrub. You may use regular soap. **DO NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection. You do not need to redress the wound.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

ACTIVITY:

- ◆ Take it easy
- ◆ Wear your sling x 2 weeks
- ◆ After 2 weeks, you may use the arm for lightweight activities of daily life (< 1.5 lbs) working on gentle passive range of motion
- ◆ No heavy lifting until cleared by doctor following radiographic evidence of union (on AP and 20 degree cephalad views) and no pain with manual stress
- ◆ Return to play is typically at 3 to 4 ½ months post-op

GOALS:

- ◆ Decrease pain and swelling
- ◆ Increase nutrition and healing response

If you experience severe pain that your pain medication does not help, please let us know. If you have a temperature over 101.5°, please contact our office at (847) 634-1766.