

Distal Clavicle Excision (Mumford Procedure)

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions-Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: After 48 hours, you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1.5 to 2 weeks and will slowly peel off. You do not need to redress your wound.

SHOWERING: You may shower after you change your dressing after your surgery. You may use regular soap, but do not scrub. Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection. You do not need to cover again afterwards if dry.

ICE: If you received an ice machine, maintain this at all times as much as possible with a towel between the dressing and the ice. Icing is very important to decrease swelling and pain and improve mobility. If no ice machine, 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 for the first 24 hours
- ◆ Move shoulder as tolerated
- ◆ Limit lifting to less than 5lbs for 6 weeks

GOALS:

- ◆ Full normal motion of your shoulder 1 week after surgery

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.