

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 water-resistant dressing covering your surgical incision. You may shower when desired, but do not submerge in a bathtub.
 - b. The postoperative dressing may remain in place until your first follow-up appointment.
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 **opioid pain medication**. Opioid 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 opioid pain medication when your pain is most severe. Wean yourself off the narcotic pain medication as soon as possible.
 - c. You may take **acetaminophen** in addition to, or in substitution for your opioid 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 combine acetaminophen, NSAIDs, and opioid pain medication.
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.