



Clavicle Fracture Fixation Post-Operative Orders

Dr. Abigail Hamilton, MD

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

Diet:

- Start with something light like soup and crackers. If you do not feel nauseated, you may eat your usual diet.

Activity:

- With **Clavicle Fracture Fixation**, you will be placed in a sling.
 - You need to wear the sling for 4-6 weeks. It should only be removed for showering and for your exercises. Until you have seen physical therapy, you should come out at least 3 times a day to move your elbow, wrist and fingers. Do not actively move the shoulder – use your other arm to move the operative arm.
- You should not bear weight with your arm or use your arm to lift anything heavier than a coffee cup until 2 months after surgery.
- Please start the pendulum exercises the day after your surgery
 - Make sure your back is parallel to the floor when doing these exercises
 - Do these exercises 3 times a day for 5-10 minutes at a time
- You may ice the surgical shoulder at any time to help with pain control and swelling

Medications:

- Resume all of your home medications
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed.
 - If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain.
 - If you are prescribed Percocet or Norco, these medications already contain Tylenol and you should not take Tylenol while you are taking these medications.
- Taking an anti-inflammatory medication (NSAID) is recommended. These include ibuprofen, motril, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over the counter medication.

- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).
- We will refill short acting narcotic pain medications as needed. **Please call 520-784-6211 if you have 10-15 pills left and are needing a refill.**

Wound Care

- Keep your wounds dry for 2 days after surgery
- You may remove all the gauze and tape on the second day after surgery
 - Leave the Steri-strips on your wounds- these will fall off with time
 - You do not need to reapply a dressing over your wounds as the Steri-strips suffice
- After you have removed the dressings you may shower over your wounds. Do not scrub the wounds, simply let the water run over them and pat dry
- You may get some bloody drainage from your wounds the evening of your surgery. This is some of the long-acting numbing medicine that was injected, as well as some of the fluid from the arthroscopy. This is nothing to be concerned about. If this happens, please reinforce your dressing as needed

Follow-Up Appointments:

- Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 520-784-6211 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/time of the appointment.
- Make sure you have an appointment with a physical therapist. If you do not, please call 520-784-6570.

Please call the office between 8:00 am – 5:00 pm at 520-784-6211, or the After Hours Clinic at 520-784-6441, if you experience any of the following:

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***

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