



# *Post Operative Instructions: Clavicle Fracture ORIF*

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## **ACTIVITY**

- Limit use of your arm for the first 6 weeks.
- You are to use a sling for the first 6 weeks for protection, remove for changing, showering
- Sleep in the sling
- DO regularly range of motion of the elbow outside of the sling. NO lifting. Fine motor of the hand is encouraged such as writing, drawing, typing, tablet use

## **DRESSING & INCISIONS**

- A small amount of red-tinged drainage on the dressing during the first 2 days is normal.
- Keep the dressing clean and dry; protect it while bathing or showering.
- Keep the dressing intact until your first post op, if the dressing becomes soiled prior to that scheduled appointment, contact the clinic for a dressing change.
- Do not apply Bacitracin or other ointments.
- Avoid soaking in pools, lakes, hot tubs, or the ocean until sutures are removed and the incision is fully healed.

## **PAIN & INFLAMMATION**

### Ice

- Apply ice wrapped in a dry towel 20 minutes at a time, several times per day for the first week, then as needed.

### Pain Medications

- Take your prescribed medications as directed.

#### Tylenol (Acetaminophen)

- First-line for pain.
- Take 500-650 mg every 6-8 hours.
- Do not exceed 1000 mg per dose or 3000 mg per day.
- Do not drink alcohol while taking Tylenol.

#### Anti-inflammatory

- As needed for postoperative swelling
- Do not take with surgeries at risk for nonunion.

#### Opioid

- For moderate to severe breakthrough pain only.
- Use sparingly and wean off as soon as possible.

#### Common side effects include:

- Nausea: Take with food.
- Drowsiness: Do not drive or operate machinery.

- Itching: Benadryl may help.
- Constipation:
  - Use stool softeners (e.g., Senna-Docusate) or OTC options (Mineral Oil, Milk of Magnesia, etc).
  - Avoid bananas, rice, apples, toast, and yogurt (may worsen constipation).
  - Light walking helps stimulate bowel function.

Refills:

- If you think you will need a refill, you must request it during regular weekday office hours.

EMERGENCIES

You must have someone stay with you during the first 48 hours after surgery.

Call the clinic or the on-call orthopedist if:

- Drainage soaks the dressing, increases, smells foul, or if incisions become red, warm, or very painful.
- You develop a fever >101.5°F or chills.
- You experience leg or calf pain, swelling, or difficulty breathing.

FOLLOW-UP CARE

- Schedule a follow-up appointment at ~2 weeks postoperatively for a wound check, suture removal, and review of your surgery (if not already scheduled).