



THOMAS KREMEN, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY

424-259-9856 OFFICE

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Discharge Instructions after humerus fracture

Surgery: humerus fracture internal fixation

Immobilization/brace:

- Sling for ~3 weeks in order to let the soft tissues heal, however prolonged immobilization can lead to stiffness at the elbow and thus no more than 3 weeks in the splint is recommended.

Medications:

- You have been given a prescription for pain medicine (example: norco, oxycodone or Percocet). This medication can cause constipation, thus taking a stool softener is recommended such as Colace, dulcolax or senakot. Use the pain medication as needed for the first few days, then begin to taper yourself off. You may take Tylenol (acetaminophen) in place of the narcotic medication, however this must be limited to less than 4000mg total per day. If you have liver disease then do not take Tylenol unless directed by your Liver doctor or primary care physician.
- DO NOT take ANY anti-inflammatory pain medications (examples: Advil, Motrin, Ibuprofen, Aleve, Naproxen, Naprosyn). These medicines can inhibit the healing of your surgery.

Other Instructions:

- Weight bearing status: non-weight bearing at the left upper extremity
- DO NOT drive until cleared by an orthopaedic surgeon.
- If you are a smoker, it is recommended that you refrain from smoking in the postoperative period. Smoking cigarettes or other substances will inhibit healing of your shoulder repair. Nicotine gum is better than smoking cigarettes, however it still carries a risk of impaired healing.
- I do not recommend showering until the sutures have been removed approximately 2 weeks after surgery. If you must shower, wait at least 5 days and cover the wound with a waterproof SEALED plastic covering. The incision can get wet briefly after your first post-operative visit but CANNOT be submerged under water (i.e. no pools, lakes, baths, etc.)
- Make sure your axilla (arm pit) is completely dry after showering.

- DO NOT rub or scratch the incision.

If you experience any serious problems or concerning symptoms please call our office at:

- Regular business hours: **424-259-9856**
- After hours/weekends: 310-206-6766 and ask to be connected with the doctor on call for the Sports Medicine Service.

Warning Signs. Call the office if you notice any of the following symptoms:

- Chills or fever over 101° F.
- Bleeding or fluid draining from the incision more than 5 days after surgery.
- Foul smell/cloudy drainage from the operative site.
- New numbness or newly discovered inability to move a specific muscle
- Increased pain
- Wound edges opening (dehiscence)
- Excessive redness at the incision site or swelling/puffiness around the knee/incisions
- Increasing pain, particularly in your calf muscle
- If you experience significant chest pain or shortness of breath, please call 911 and/or go to your local emergency room immediately as this may represent a life threatening emergency. Please call our office to keep us informed of any such events.

Please call 424-259-9856 to make a follow up appointment or to confirm that you already have a follow up appointment scheduled. You should be seen by Dr. Kremen approximately 10 to 14 days after surgery.

