



# OrthoTeam Clinic

Ashish M. Rawal, M.D.

2 Science Court, Madison, WI 53711

900 Ridge Street, Stoughton, WI 53589.

Telephone: 608-231-3410 Fax: 608-231-3430

## Post-Operative Instructions: Clavicle Fracture ORIF

### DIET

- Begin with clear liquids and light foods (Jell-O, soups, etc.)
- Progress to your normal diet if you are not nauseated

### MEDICATIONS

#### Prescribed Narcotics:

- This medication may be taken as needed for pain as directed on the bottle.
- Do not drive or drink alcohol while taking this medication.

#### Acetaminophen (Tylenol)/OTC Anti-inflammatory medication (Ibuprofen or Aleve)

- This medications may be taken as needed.
- Please use as directed on the bottle.
- Do not exceed 4,000 mg of Acetaminophen in a 24 hour period.

#### Blood thinner:

- Please take blood thinner as directed. Most patients are prescribed a daily Aspirin for two weeks after surgery. It is important to take as prescribed to help prevent blood clots.

#### Stool softener:

- We recommend picking up an over the counter stool softer such as MiraLax, as a common side effect of narcotic pain medication is constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

### ACTIVITY

- You are to wear the sling placed at surgery for a total of **6 weeks** as described by Dr. Rawal. This includes sleeping and throughout the day.
- You may remove the sling for hygiene, dressing, and home exercise only.
- When sleeping or resting, inclined positions (ie: reclining chair) and a pillow under the forearm for support may provide better comfort **STILL IN SLING**.
- Do not engage in activities which increase pain/swelling. Unless otherwise instructed the arm should remain in the sling at all times.
- Avoid long periods of sitting or long distance traveling for 2 weeks.
- **NO** driving until instructed otherwise by physician.
- May return to sedentary work **ONLY** or school 3-4 days after surgery, if pain is tolerable.

### WOUND CARE

- You may shower with your dressing in place. It will be removed at your first post-operative visit. If you notice the dressing has peeled up or is no longer intact, please call Dr. Rawal's office for further instructions and do not get area wet.
- Once your dressing has been removed, do not scrub the incision site- you may let soap and water run down the incisions and pat dry with a towel once you're done
- **DO NOT** soak in any pool/bath water until at least 6 weeks after surgery.



# OrthoTeam Clinic

Ashish M. Rawal, M.D.

2 Science Court, Madison, WI 53711

900 Ridge Street, Stoughton, WI 53589.

Telephone: 608-231-3410 Fax: 608-231-3430

## ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- You may use an ice pack for 15-20 minutes every 1-2 hours with a cloth in between the ice pack and your skin. Care should be taken with icing to avoid frostbite to the skin. **DO NOT PLACE ICE PACK / PAD DIRECTLY ON SKIN.**
- Icing should not be performed while sleeping.

## EXERCISE

- You may gently bend and straighten your elbow with your arm at your side 2-3 times daily starting the day after surgery.
- While maintaining your elbow by the side, begin hand, and wrist exercises immediately.
- Formal physical therapy (PT) typically begins a few weeks after surgery depending on your repair/healing.

## EMERGENCIES

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Color change in distal arm and/or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

## FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled or if you need to change the appointment, please contact our scheduler at 608-231-3410 to schedule.
- Your first post-operative appointment will be scheduled with one of the Physician Assistants, for a wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically the first post-operative appointment is made for 10-14 days following surgery for suture removal if you have any sutures in place.