

Open Reduction Internal Fixation Clavicle
Postoperative Instructions
Stephanie Mayer, MD

MEDICATIONS: You were given the following medications:

PAIN:

- Oxycodone - should be taken every 4 hours as needed to control pain
- Tylenol (acetaminophen)– should be taken every 6 hours as needed for pain

INFLAMMATION:

- Naproxen (naprosyn) – should be taken twice a day for three weeks regardless of pain to help control post- operative swelling and inflammation

NAUSEA/CONSTIPATION:

- Zofran (ondansetron)- should be taken every 8 hours as needed to control nausea,
- Colace (docusate sodium)- should be taken by mouth twice a day until your first normal bowel movement. You should take this as long as you are taking narcotic pain medication
- Miralax (polyethylene glycol)-Mix 1 capful of powder in liquid. This may be taken 1-2 times a day, morning and/or night, in liquid like apple juice, milk, water, etc. if the patient has not had a bowel movement within 24 hours. Results usually take 12-24 hours once medication is started.

DRESSING: After 48 hours, you may remove your dressing to change it with the provided supplies. If there is drainage prior to 48 hours, you may reinforce or change the dressing if needed.

LEAVE THE STERI STRIPS OVER YOUR INCISIONS. These will stay on for 2-4 weeks and will slowly peel off. The sutures used are absorbable and will not need to be removed.

SHOWERING: You may take your first shower 24-48 hours after your surgery. Please keep the waterproof dressing on while showering for the first 7 days. After 7 days, you may remove the dressing and let the water run down over the incisions but do not rub or scrub them. Do NOT immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

DURABLE MEDICAL EQUIPMENT:

SLING- FULL TIME for 2 weeks; will update progressions after 1st post op visit

RANGE OF MOTION: As indicated below.

- No range of motion exercises for 2 weeks
 - May begin physical therapy within 1 week but only to work on elbow and wrist range of motion. You may come out of the sling for showers, this is a good time to work on GENTLE elbow and wrist range of motion.

ICING:

- Icing is very important to decrease swelling and pain and improve mobility. If you purchased a cold therapy device, please ice 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing the ice directly on skin may cause a burn to the skin.
- If you did not purchase a cold therapy device please use ice packs 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing the ice directly on skin may cause a burn to the skin.

NERVE BLOCK: You may have been given an injection by an Anesthesiologist to block the conduction of a nerve, which conducts pain and also controls muscles of your upper extremity. Therefore you should be relatively pain free for the first day, but you will have little control of your arm. Be careful where you rest your arm as to avoid any sharp objects.

Contact Information:

If you are experiencing the following **symptoms**, please call our office at 720-872-4822 and ask to speak to Jordan Teboda (JT) our Athletic Trainer.

If this occurs during evening and/or weekend please call 720-848-0000 and ask to speak to the Orthopedic Surgery Resident on call.

If life threatening please call 911.

- ❖ Fever (temperature of 101.5 degrees Fahrenheit or over)
- ❖ Redness or yellow/brown/green drainage from the surgical incision site
- ❖ Low back pain/muscle spasm that maybe due to the spinal/epidural anesthesia. Please apply a
- ❖ Persistent severe sharp pain not relieved by pain medication
- ❖ Persistent and increasing swelling and numbness of the hip/leg.
- ❖ Difficulty with medications.

Please feel free to contact the office if you have any other questions at 720-872-4822 or you may email Jordan Teboda, ATC at Jordan.Teboda@cuanschutz.edu. or reach out via My Health Connection.

Post-Operative Prescription Guidelines

All prescriptions will be given on the day of surgery or sent electronically no more than one day prior to surgery. Should you need refills, please contact the clinic within 48 business hours (Monday-Friday 8:30am to 4:30pm). **Refills will not be authorized outside of these hours.** Please have the phone number or address available of the pharmacy that you would like to utilize for your refills.

- One of the medications is a codeine derivative for pain and should be taken as directed and only as needed. After several days, pain may reduce significantly. At this point you may choose to cease taking or decrease the dose of the codeine derivative medication.

- You will also receive another medication that is given as an anti-nausea agent, Zofran (use as needed).

Common symptoms of an allergic reaction to prescription medication include:

- Nausea and vomiting not relieved by lying down or eating bland foods.
- Severe itchiness
- Rash
- Severe dizziness
- Slowed heartbeat