

Instructions Following Clavicle Fixation

1. When to contact Dr. Faulkner's team:

- Excessive bleeding; unrelenting pain; excessive wound drainage (mild drainage or spotting is normal for 3-4 days postop); persistent numbness or tingling in operative extremity; temperature of $>101^{\circ}$ F; increasing redness or swelling; calf pain, tenderness, or swelling

2. Dressings/wound care:

- Remove gauze dressing 2 days postop.
- Leave white sticky strips in place until 1st postop appointment.
- Ok to shower 2 days postop. Do not submerge your incisions.

3. Blood Clot Prevention:

- Wear compression stockings for 2 days postop. Remove for hygiene and for 2 hours/day to allow the skin to breathe. Walk short distances at least 3x/day.
- Take Aspirin 81 mg for 14 days.

4. Sling: Always wear sling, including at night. Remove three times a day for elbow range of motion exercises and for hygiene.

5. Restrictions/Driving: No driving unless cleared by Dr. Faulkner. No lifting, pushing, pulling, or carrying objects > 2 lbs.

6. Cold therapy/Ice:

- Apply an ice pack or cold therapy unit to shoulder 30 minutes 6 x daily to help reduce pain and swelling. Remove for 30 minutes every 2 hours.
 - Do not apply to bare skin. Be sure to have a wash cloth between ice pack and skin to avoid frostbite.

7. Pain medication:

- Take 1-2 tabs of the prescribed pain medicine with food every 4-6 hours as needed. Take the medication sparingly and discontinue as soon as possible.
- Common side effects of narcotics: constipation, drowsiness, nausea and confusion. If you experience severe nausea, itching, dizziness or other adverse reactions, call Dr. Faulkner's team.
- Increase your fiber intake (fruits, vegetable, grains) and use an over the counter stool softener (such as docusate or Senna-S) if you are having constipation.
- Substitute Tylenol and/or Ibuprofen or Aleve if you do not have any contraindication to taking these. **Maximum dose/day of Tylenol is 1000 mg every 8 hours and Ibuprofen 800 mg every 8 hours.** Stomach upset, GI ulcers and allergic reactions are the most common adverse reactions to anti-inflammatories. You should not take more than 3000 mg of Tylenol in a 24 hour period.



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8. Diet: Anesthesia can cause temporary nausea after surgery. Begin with light with clear liquids or soft foods after surgery to minimize upset stomach. Drink at least 6-8 glasses of water daily.

Website URL: nathanfaulknermd.com

Postop instruction videos URL: nathanfaulknermd.com/postop

Videos to watch:

1. *Post Op: Get to Know Your Sling*
2. *Post Op: Shoulder Home Exercise Program*
3. *Shoulder & Knee Arthroscopy Post Op Wound Care Instructions*



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Please feel free to contact our office at any time!



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