



Clavicle ORIF

Discharge Instructions

- Comfort
 - Discomfort increases 6-24h after surgery due to anesthetic/nerve block wearing off (if a nerve block was performed). This can be helped by oral pain medication. It is safe and normal.
 - Cold therapy – This will greatly reduce pain and will help with swelling for the first three days. You may use it 20 minutes on, 20 minutes off, as often as you wish. Always keep a cloth barrier, such as a towel, between the cold and your skin.

Medication

- For constipation – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For pain – you have been prescribed a narcotic medication for pain. No driving while on this medication. Try to manage your pain with ice and Tylenol and use the narcotic sparingly. You can take the narcotic as prescribed as needed. Common side effects such as constipation, nausea and cognitive impairment may occur. You can step-down to Tylenol as soon as you feel ready.
- For anticoagulation – you should take a baby aspirin (81mg) once a day for two weeks to prevent blood clots.

Activity

- You will be in sling for 4-6 weeks after surgery
 - Further activity and need for physical therapy will be determined at your first post-op
- You should continue to move your other limbs

Wound Care

- You will be discharged in a sling with a dressing over the clavicle incision
- Do not disturb the dressing for 3-5 days post-op. This means covering the incision when showering, bathing, etc. After 3-5 days, you can take the dressing off but continue to keep it clean, dry and covered. No ointments, scrubbing or soaking. If you have any concerns about how the incision looks, you can email a picture to awei@genesisortho.com.

Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

Call your physician if:

- You develop a temperature over 100.3 degrees.



- You notice any drainage of the incisions 5 days or later after surgery.
 - The arm becomes hot to the touch, red, intolerably painful, or swells suddenly. (Note some warmth, pain, and swelling are normal.)
 - You have persistent pain and / or swelling in your calf.
 - You have any questions or concerns. We are happy to talk to you at any time!
- If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.