



ADVANTAGE ORTHOPAEDICS, PC

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POST-OPERATIVE INSTRUCTIONS

REPAIR NONUNION CLAVICLE WITH ILIAC CREST BONE GRAFT

1. Rest the day of surgery. Your arm will be in sling following surgery. Apply Ice Packs as often as possible the first 3-4 days (20 minutes per each hour) as necessary to reduce pain and swelling. Continue to ice after Physical Therapy sessions.
2. Pain Medication (Narcotic: Vicoden or Percocet) should be taken as needed with a small amount of food. If you have any side affects from a medication, discontinue its use and call our office.
3. Remove the outer dressing and gauze wrap after 48 hours and cover the steri-strips loosely with a sterile dressing, change daily and as needed if drainage occurs. Do not use bacitracin or any ointments under the dressing. Keep your incisions clean and dry. Sponge bathe the day after surgery. If you wish to shower cover your incisions with plastic to keep area dry after the first two days. You may come out of the sling to bathe, but should support the arm as much as you can. After seven days, if there has been no drainage, you may shower without covering the wounds, but keep direct water off the wounds and pat the area dry.
4. Notify the doctor if you develop a fever (101.5), chills, excessive incision drainage, or increased numbness in arm or leg. (Small amounts of blood tinged drainage, numbness at incision site with swelling and bruising of upper arm, chest and pelvis are normal findings following surgery)
5. You may be more comfortable if you sleep in a recliner or propped up on pillows for the first few days after surgery. It will also keep tension off the surgical site if you keep your elbow forward (in front of you) as much as possible.
6. You may use a single crutch on the opposite side of your surgery to make your hip more comfortable.
7. Return to (sedentary) work or school several days after surgery, only if pain is tolerable. Returning to heavy labor or excessive lifting or reaching work will be determined by the physician.
8. If you have any questions **PLEASE** feel free to call the office.