

What To Expect After Surgery

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ORIF CLAVICLE FRACTURE

Post-Operative Care

- Ice the area (over the dressings) several times per day for 30 minutes at a time.
- You should be able to return to work/school as soon as you feel comfortable, likely 2-5 days.
- Wear your sling for comfort. Discontinue use as is comfortable for you.
- Keep the dressings clean and dry at all times.

Pain Control

- Ice will help control swelling and pain.
- We recommend you take the pain medication, as prescribed for the first 24-48 hours, then decrease as tolerated.
- Even with pain medication, some discomfort or pain is normal. However, if you are experiencing a *significant increase* in pain after 24 hours, please notify our office at (334)793-2663.
- You should receive a prescription for pain medicine and anti-nausea medication before leaving the hospital.

Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery, therefore you will not need an oral antibiotic.
- It is normal to have swelling, discomfort, and a low-grade fever (<100 degrees).
- Notify our office if you have *marked and sudden increase* in pain after 24 hours or persistent fever >100 degrees.
- The dressings may be removed by you or your physical therapist 24 hours post-op. Once the bandage is removed, clean the incision once per day and keep dry while bathing.

Physical Therapy

- You will begin physical therapy the day after surgery. During the first session, the primary goal should be pain and swelling control and beginning to work through the prescribed rehabilitation protocol.
- Your first physical therapy appointment will need to be scheduled prior to surgery. We will help you to determine your physical therapy location and will fax the necessary paperwork to the chosen therapy facility. You will also receive a copy.

Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely maneuver the car without putting yourself or others at risk.**
- Before leaving the hospital, you will receive your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc.