



POST-OPERATIVE INSTRUCTIONS

Clavicle ORIF

WOUND CARE

- Remove the surgical dressing 3 days after your surgery. Please leave the steri-strips covering the surgical sites intact.
- Leave incisions open to air.
- After removing the dressings, shower as normal letting warm soapy water run over the incisions.
- Do NOT submerge your incisions in water (i.e. in a bath tub or pool).
- A small amount of drainage from the incisions is common. If this occurs, cover the area with a Band-Aid. If there continues to be drainage, call the office 401-777-7000 x 803
- Swelling and bruising near surgical site is to be expected and can extend into the chest and/or arm. To help decrease swelling, ice 20 minutes on/20 minutes off at least 3 to 4 times a day.

ACTIVITY

- Wear sling when out of bed
- May remove sling when at rest.
- Absolutely NO lifting or sudden overhead movements.
- Pendulums and elbow and wrist mobility as tolerated.
- The need for formal therapy will be discussed at your post-op appointment

PAIN MANAGEMENT

- TAKE YOUR PAIN MEDICATION AS PRESCRIBED ON THE BOTTLE.
- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform your physician or PA prior to the procedure.
- For instructions on refilling a prescription, please read our **Prescription Refill Policy**.
- Use Ibuprofen (ex. Advil) 200-800mg up to four times per day to help with pain and swelling in addition to narcotic pain medicine. **(Do not exceed greater than 3200 mg of Ibuprofen daily)**

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-777-7000. If this is a medical emergency, please call 911 or report to your local emergency department.



PAIN MANAGEMENT (Continued)

- Call the office if you have uncontrollable pain.
- If you are taking narcotic pain medication (Percocet or Vicodin), we recommend an over-the-counter stool softener, such as Docusate or Milk of Magnesia, to prevent constipation.

EMERGENCIES

Call the office at (401-777-7000) if you experience the following:

- Redness at incision site
- Pain uncontrolled by pain medicine
- Uncontrollable bleeding
- Fever > 101 ° F or shaking chills
- Difficulty breathing or chest pain
- Severe pain or redness in calf
- Painful swelling despite icing and elevating the arm

FOLLOW-UP CARE/QUESTIONS

- You should have a post-operative appointment scheduled two weeks after your surgery. If not, please contact the office to schedule an appointment (401-777-7000 x 803).
- Please arrive 30 minutes prior to your appointment to allow ample time for x-rays.

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-777-7000. If this is a medical emergency, please call 911 or report to your local emergency department.



PRESCRIPTION REFILL POLICY

401-777-7000 x 803

Our office requires **72-hour business hours for all prescription requests.** We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

Your request requires **one clear and detailed message on 401-777-7000x 803,** with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.

Thank you in advance for your patience and cooperation.