

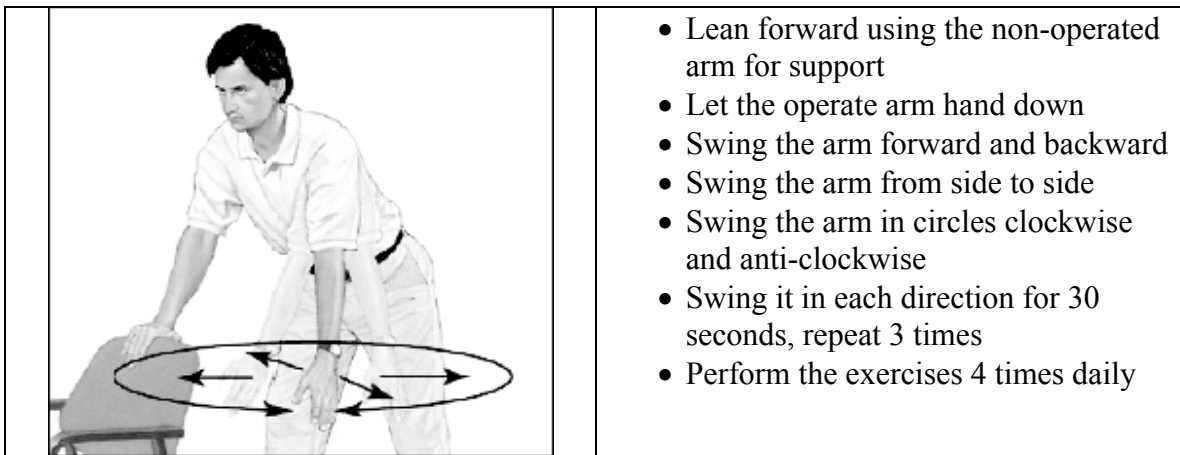
PATIENT INSTRUCTIONS FOLLOWING O.R.I.F. OF CLAVICLE FRACTURE




Immediately post-operation

- You will wake up in the recovery ward with a nurse looking after you. Your arm will be in a sling and there will be dressings on your shoulder. The wounds will be closed with stitches.
- You will be kept in the recovery ward until you have recovered from the anaesthetic, and have managed to have something to eat and drink.
- Your surgeon will review you before discharge to explain to you what was found during surgery and the details of the operation performed, as well as the expected outcome

Discharge to first post-operative review

- You will be asked to phone your surgeon's rooms to make an appointment for your first post-operative review, usually 7-14 days following surgery.
- Between discharge and first review, you will be instructed to perform some simple exercises for the elbow, wrist and hand to prevent them from become stiff. Simply take the arm out of the sling, and while keeping the elbow close to your side, move the elbow, wrist and hand in all directions for 2 minutes. Repeat this at last 4 times each day. When not performing your exercises, keep the arm in the sling.
- You will also be asked to perform range of motion exercises for the shoulder joint as tolerable. These exercises are shown below.
- Take the medication as prescribed by your anaesthetist for pain.
- Leave the dressings intact and keep the wounds dry until your first review.



	<ul style="list-style-type: none"> • Stand facing the wall • Walk your fingers up the wall in front of your body • Do 3 sets of 10-20 repetitions • Repeat 3-4 times per day
	<ul style="list-style-type: none"> • Stand sideways to the wall • Walk your fingers up the wall with your arm to your side • Do 3 sets of 10-20 repetitions • Repeat 3-4 times per day
	<ul style="list-style-type: none"> • While lying on the floor, raise your arms over your head until a stretching sensation, no more than dull pain • Hold for 30 seconds and repeat 3 times • Repeat 3-4 times daily

PHONE DR. PORTER'S ROOMS TO CONFIRM THE TIME OF YOUR APPOINTMENT ON ___ / ___ / _____

First post-operative review (7-14 days post surgery)

- At this review your surgeon will check the wound and remove any stitches.
- He will go over the operative findings and procedure performed.
- A second review appointment will be made for 6 weeks post surgery
- A check x-rays will be organized close to your second appointment as possible

First post-operative review to second post-operative review

- You will be able to gradually increase the range of motion in your shoulder, by continuing the exercise above.
- Your arm can be taken out of the sling if comfortable to do so. However you will be encouraged to keep the sling with you at all times, in case you need to place your shoulder back into it because of pain.
- You will also be able to lift your elbow away from your side and use it as much as tolerable
- As the pain settles you will be able to use the operated arm for tasks such as writing, computing and personal hygiene.

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Second post-operative review (6 weeks post surgery)

- At this review the surgeon will assess your progress and re-examine the shoulder.
- Many patients will have returned to full activity at this stage.
- Your surgeon will review the x-rays which should confirm that fracture healing is well advanced or even complete

General guidelines

- **Strengthening work** - can be gently introduced when 6 weeks post-surgery. This will commence with isometric exercises and will be supervised by the physiotherapist. .
- **Conventional weight training** - should be possible around 10-12 weeks post surgery
- **Return to full contact sport** - is usually possible after 12 weeks, with the patient making a graded return to contact work and strength has been 100% restored.
- **Return to work** – sedentary jobs or desk work may be possible at 2 weeks, while more physically demanding jobs may take 6-12 weeks depending upon the specific demands of the job.
- **Return to driving** – is usually possible within 2 weeks of surgery.
- **Return to cycling** - this is usually possible with a few days of surgery on a stationary bike, while a road bike may take 6 weeks
- **Return to running** – usually possible within 3-4 weeks of surgery

Complications

If at any stage you experience significant pain that is not relieved by resting the arm in the sling and taking the analgesics, shortness of breath, fever, chills, loss of power or sensation in the arm, significant swelling or colour changes in the arm, contact your surgeon by phoning the rooms or private hospital. If you are unable to contact your surgeon, see your local GP or the local A&E department.