



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC
PARK CITY • HEBER CITY • SALT LAKE CITY

Clavicle Fracture Post-Op ORIF

1. Keep dressing clean and dry for 2-3 days. Remove dressing by day 3 following surgery; surgical area may be washed with soap and water, blot dry. Wound can be left open to air at this time.
2. Showering is acceptable 3 days after surgery. No soaking the wound for 2 weeks (NO swimming, bathing, hot tub use).
3. Steri-strips usually start to lift off by 10-14 days. Remove them completely by 14 days following surgery, even if they haven't started to lift off the skin. There are 2 clear stitch ends sticking out of the skin, at each end of the surgical scar. Please lift the stitch with your fingers, gently lift up on the suture, and cut it at its base. The stitches under the skin typically dissolve (but can take several months to completely go away).
 - a. If you feel or see a stitch that comes to the surface, please use a pair of tweezers to lift it up and cut it at the base. These dissolvable stitches will eventually go away, but on rare occasion the body tries to spit them out. If they get irritated, they can look like they have pus or an abscess/infection around them. Please try to remove them. Soaking the area can make it easier to remove the suture, as well as applying a warm compress.
 - b. If there is a dark blue or black suture, do NOT remove these. Your doctor will do so in clinic, or explain how to remove these at home.
4. Use a sling at all times for the first 4 weeks after surgery, except for Pendulum exercises (as described by your doctor) and showering. No lifting overhead, and no lifting > 5 lbs. Activities at waist level only. No running, jumping, throwing for 4-6 weeks.
5. Most patients return for a post-op visit by 6 weeks, when we will obtain new x-rays, and advance activity based on healing. Physical therapy will be started if applicable.
6. RICE therapy is always advocated:
 - a. Rest
 - b. Ice – every 20 min or so
 - c. Compression – to decrease swelling.
 - d. Elevate – if possible, above the level of your heart
7. Pain control:
 - a. Ibuprofen is recommended to be taken every 6 hrs, and Tylenol every 4 hours, unless there is a specific reason your child should not be taking these medications.
 - b. Narcotics, including oxycodone, are only taken *if needed*. Please schedule the Ibuprofen and Tylenol for the first few days following surgery, as this will lessen any narcotic medicine that is needed.