



## **Proximal Humerus Fracture Repair Post-Operative Orders**

**Dr. Abigail Hamilton, MD**

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

### **Diet:**

- Start with something light like soup and crackers. If you do not feel nauseated you may eat your usual diet.

### **Wound Care:**

- Remove bulky operative dressing in 2 days.
- You will have a bulky dressing initially which can be replaced with gauze and tape after 2 days or be left open to air.
- Keep steri-strips (white band-aids over wound) in place if they are placed over incision sites until they fall off or they are removed at your first post-operative visit.
- If you have black sutures or staples in place, these will be removed at your first post-operative appointment
- You may begin showering in 2 days after bulky dressing is removed; be sure to pat (not rub) the incision dry afterwards.
- Do not scrub the area; just allow water/soap to wash over you.
- Do not bathe/swim or soak incisions in any way until 4 weeks post-operatively or until incisions are completely healed.

### **Ice:**

- We recommend that you use icing on a consistent basis for the first 48-72 hours. This will help reduce post-operative swelling. After that, use as necessary.
- If an ice-wrap was not placed in the operating room or if you find this uncomfortable, apply ice packs for 20-30 minutes and then remove for a break period of at least 30 minutes to prevent frost-bite to skin. If you place directly over bandage and it does not contact your skin directly, you may leave in place for a longer duration.

### **Sling & Weight bearing status:**

- With **proximal humerus repair surgery**, you will be placed in a sling.
- You need to wear the sling for 6 weeks. It should only be removed for showering and for your exercises. Until you have seen physical therapy, you should come out at least 3 times a day to move your elbow, wrist and fingers. Do not actively move the shoulder.
- You should not bear weight with your arm or use your arm to lift anything until 3 months after surgery.

#### **Physical Therapy:**

- Formal physical therapy will be ordered post-operatively upon discharge from surgery. This order is entered in our computer order entry system unless you are specifically planning on doing physical therapy at a non-TCO location. If you plan to do therapy elsewhere, please make sure you coordinate with Dr. Hamilton's care coordinator Sarah to have orders faxed to your preferred location. She can be reached at 763-302-2107. Following a **proximal humerus repair surgery** you should start formal physical therapy within 2-7 days.
- *To schedule an appointment at a Twin Cities Orthopedics Location please call 952-456-7000.*

#### **Medications:**

- Resume all of your home medications
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed. If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain. If you are prescribed Percocet or Norco, these medications already contain Tylenol and you should not take Tylenol while you are taking these medications. We will refill short acting narcotic pain medications as needed. Please call Sarah at 763-302-2107 to help arrange with appropriate lead time (call when you have 10-15 pills left as opposed to 0). Narcotic prescriptions require an original signed prescription and cannot be called or faxed into a pharmacy so you will have to arrange having someone with a photo ID come to clinic to pick up the prescription in person. This does not have to be the patient.
- Taking an anti-inflammatory medication (NSAID) is recommended. These include ibuprofen, motril, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over the counter medication.
- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).

#### **Follow-up appointments:**

- Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 952-456-7000 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/time of the appointment.

**Please call if you experience any of the following:**

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

\*\*\* Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.\*\*\*

Nurse \_\_\_\_\_ Responsible Adult \_\_\_\_\_