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POST-OPERATIVE PATIENT INSTRUCTIONS: Open Reduction Internal Fixation of Clavicle Fracture

You may slowly resume a regular diet as tolerated. We recommend you start slowly with clear liquids, diluted Gatorade, chicken/beef broth & crackers. As soon as you get home, take small bites of food (1/4 turkey sandwich, diluted Gatorade, chicken soup, crackers) and 30 minutes later take your first pain pill (Percocet). Repeat this process 45-60 minutes later and take a 2nd pain pill (Percocet). Repeat again 45-60 minutes later and take an Oxycontin. From this point forward, take Percocet 1-2 tabs every 4-6 hrs and Oxycontin 1 tab every 12 hours. ***It's important to stay ahead of pain, but do not take the pain pills if you are sedated***

Apply an ice-pack over the clavicle 3-4 times each day for 30 minutes.

Do not change the wound dressing. We will remove this at your first post-op appointment.

You may shower quickly (2-3 minutes) on post-operative day #5 if the incision is completely clean and dry. Cover the bandage with plastic wrap and secure it with tape. Wash the axillary area (arm pit) daily with soap and a moist towel.

Please do **not** soak the shoulder (no baths, hot tubs, swimming or soaking).

Your sling should be worn **at all times** until your first post-operative visit to provide both comfort and support.

Come out of the sling **4 times** a day for gentle elbow range-of-motion exercises. Please work on wrist range-of-motion exercises when in the sling.

It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow.

Call the office to schedule a follow-up appointment to have sutures removed 10-14 days after your surgery.

If you develop a fever (temperature greater than 101.5 F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

You will be given 2 prescriptions for pain, usually Percocet & Oxycontin. These are narcotics, to be used on an "as needed" basis for pain. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. Please take Peri-Colace (laxative), drink a lot of water, and eat dried apricots/prunes 3x/day. These medications should not be taken on an empty stomach. Please **do not take any Motrin, Ibuprofen, or Aleve (NSAIDs)** as these may impair your reconstructed ligament from healing.

If you have any questions, please contact our office.

