

Alexander Martusiewicz, MD

Shoulder and Elbow Specialist

www.DetroitShoulderSurgeon.com

Phone: 313-887-6000

Fax: 313-887-6005

Post-op Fracture Instructions

Medications

- Take pain medication as instructed.
 - Try to taper your narcotic use as soon as you feel comfortable and taper to over the counter pain medication. Do not take additional Tylenol if you are taking Percocet, Norco, or Vicodin.
 - You have been given a prescription for a stool softener, Colace. This medication is routinely used as pain medicines can be very constipating. Please take as directed unless you experience loose stools or diarrhea.
 - Taken Aspiring 81 mg twice daily (unless instructed otherwise) to prevent blood clots
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Diet

- Resume a regular diet as tolerated.
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Sling/Brace

- Maintain the operative extremity in the dressing/splint that was placed at the time of surgery.
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Activity

- You may gradually increase your physical activity as the effects of the anesthetics wear off and your strength improves.
 - Elevation is critically important following surgery. For the first 48 hours you should keep your operative extremity elevated the majority of the time. This may require you to lay flat or slightly inclined with your hand at a height above your elbow and your elbow above your heart. Generally, this requires pillows under the elbow and pillows under the hand on the belly or chest.
 - Perform range of motion and gentle gripping activities with your hand to stimulate circulation.
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Ice

- * You may apply ice to the operative site over your bandage/splint. The effects of the ice will likely penetrate the thick dressing/splint. You should ice about 3-4 times a day for 15 minutes at a time.
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Dressing Care

- Keep the postoperative dressing/splint intact and dry.
 - Do not remove the dressing until seen by your physician.
 - Some slight drainage through the dressing is common and is most often noted on the 2nd or 3rd postoperative day. Do not be alarmed.
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Follow Up

- Generally, a follow up appointment has been made for you at the time of surgery. You can call the Orthopaedics scheduling center (313) 887-6000 to confirm your follow up appointment. Notify our office if you have any of the following:
 - * Fever over 101.5 degrees.
 - * Excessive blood on your dressing.
 - * Numbness or tingling in your arm or hand that was not present before surgery and has lasted more than 24 hours.
 - * Drainage from any incision that last longer than 5 days following surgery
- We prefer you call us directly rather than go to your local hospital or clinic. We will be happy to answer any questions or concerns you may have. Please call (313) 887-6000. If it is after hours, weekends, or holidays, please call the Beaumont Taylor Hospital at (313) 295-5000 or the Beaumont Taylor Orthopedic Unit at (313) 375-7200.