



ANDREAS SAUERBREY, M.D.

**Instructions following Proximal Humerus
Open Reduction Internal Fixation**

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Follow-up Appointment:

- Call **970 879-6663** to schedule your appointment next week in Steamboat, Craig or Rock Springs.
- Your sutures will be removed and you will get a physical therapy prescription.
- Your work restriction and return to work time frame can be discussed.

Diet:

- Regular diet as tolerated.

Medication Regimen:

- Use pain medicine as directed and as needed. You will usually be given Percocet or Norco for pain. These contain Tylenol as well as narcotic medicine.
- Refer to your prescription bottle for directions.
- You may take Ibuprofen (Advil, Motrin) in addition to your narcotic.
- Do not take additional Tylenol.
- Do not drive while taking narcotic pain medicine.
- Narcotic medications can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

Ice:

- Ice regularly applied to the shoulder can help with pain control and decrease swelling. It is always important to have protection between the ice pad and your skin.
- We recommend applying ice over the dressing for 20-30 minutes at a time with 30 minute breaks.
- Continue using the ice for the first 7-10 days either with the Game Ready or ice.

Activity:

- You must not actively move the shoulder or you could disrupt the repair.
- You can bend and extend your elbow, wrist and fingers.
- You can use the arm for light duties such as feeding and dressing yourself and desk work.
- No pushing, pulling or reaching out.
- The sling is here for your protection and comfort.

Exercise:

- The following exercises are recommended for the early post-operative period...
 - **Pendulum Exercise**- lean forward and let your arm dangle. Move it in circles, clockwise and counter clockwise, then side to side, then forward and back. Begin w/ 5-10 repetitions in each direction, 3 times a day. Gradually progress to 30 repetitions, 3 times a day.
 - **Gripping**- squeeze a soft sponge or softball in your operated hand for 30 repetitions, 3 times a day.
 - **Elbow Range of Motion**- with the sling off and your arm at your side, let the elbow straighten then bend. Do this 10 times, 3 times a day.

Wound Care:

- Removes the dressing on the third day after surgery and shower.
- Place band aids over the stitches.
- No soaking in a pool or hot tub until stitches have been removed and these are clean scars and no scabs.
- DO NOT put any ointments on the wounds such as Neosporin.

Prophylaxis Against Blood Clots:

- To prevent the development of a blood clot you will be given TED hose stockings.
- You should wear these for the first few days after surgery or until you are up walking around normally.
- If you have additional risk factors for developing a clot, you may be asked to take blood thinners such as an aspirin daily or Lovenox.

You Can Expect the Following:

- Blood staining the dressing
- Bruising around the incisions
- Increased pain on the second day
- Throbbing pain after keeping the arm dependent

Call the doctor if any of the following are present:

- Increased swelling or numbness
- Unrelenting pain
- Fever or chills
- Continuous drainage from a wound
- Continuous bleeding from a wound
- Difficulty breathing
- Inability to urinate
- Excessive nausea or vomiting

If you have any questions or concerns, please do not hesitate to call us at 970-879-6663.