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POST-OPERATIVE INSTRUCTIONS – CLAVICLE FRACTURE

WOUND CARE

- You will have a gauze dressing post-operatively. This is to be changed daily starting on Post-Op Day #2 until the sutures are removed by Dr. Li in the Clinic. Please keep the wound clean and dry. Please do not use Bacitracin or other ointments under the bandage.
- Maintaining the integrity of the dressing is important in helping the healing process
- Use a Cryocuff or Ice as often as possible for the first 7 days, then as needed for pain relief.
- You may shower on Post-Op Day #3. **YOU MUST COVER THE DRESSING** with plastic wrap and secure it to your skin with tape. Getting the wound wet can lead to breakdown and infection of the incision. Do not soak the arm in water. Do not go swimming in the pool or ocean.
- Keep your sling on. It serves to both protect the incision and prevent shoulder movement which can adversely effect optimum healing of the fracture.

EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- Please perform the following exercises daily:
 - Hand / Wrist - Range of Motion Exercises
 - Grip Strengthening

POST-OP

- You will be given a prescription for pain relief for you to use post-operatively:
 - VICODIN or PERCOCET or OXYCODONE, a strong narcotic, to be used on an “as needed” basis for pain.
 - Please hold off for now on using any anti-inflammatory medication (Ibuprofen, Advil, Aleve, Motrin etc) for the first month. This may interfere with your bone to bone healing. Tylenol is OK to use.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment 10-14 days post-operatively.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.