

After Your Humerus Shaft Plating Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- Leave the bottom adherent dressing in place over your incision until follow up
 - You may removed the ACE wrap and padding after a 3 days
 - You may shower over the dressing
- If the dressing comes off, cover it with gauze and an ACE wrap to protect the sutures or staples

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- Use the sling for comfort after surgery
 - Wear it in public to protect your arm
 - Remove it frequently to work on range of motion
- Move your elbow and shoulder as much as possible after surgery to avoid stiffness
 - You may use the other arm to help the injured arm move
- No lifting with your elbow away from your body or anything over 5 pounds

Follow-Up Care

- You will have an appointment in clinic 14-18 days after surgery to remove sutures or staples
 - Additional appointments are at 6, 10, and 18 weeks after surgery
- The majority of patients do not have to do formal therapy

Results

- It takes at least 6 weeks for the fracture to heal
- Pain and soreness can remain for several months
- Most of the time plate removal is not necessary