

After Your Clavicle Plating Surgery

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Dressings and Wound Care

- Leave the surgical dressing on your shoulder until follow up
 - You may shower over the dressing
- If the dressing comes off more than 2 days after surgery, you may leave it off
 - You may see skin glue on your incision
 - Avoid anything that would rub on or irritate the incision

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 most of the time after surgery
 - Remove it only to work on shoulder range of motion, shower, and eat
- No lifting with your elbow away from your body or anything over 5 pounds
- Do shoulder range of motion exercises using your other arm to help lift the injured arm
 - Hold your injured forearm with the other hand to raise the shoulder
- Move your hand, wrist, and elbow joints immediately after surgery

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
 - Additional appointments are at 6 weeks and then as needed 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
- Some patients have some numbness below the incision due to skin nerves dissected during the surgery
- Most of the time plate removal is not necessary