

Clavicle Fractures, Acromioclavicular Joint Repairs or Reconstructions

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SLING:

- At all times for 2-6 weeks. Your surgeon will tell you when you can take it off at your follow-up appointment.
- When dressing, put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down shirts are recommended.

PHYSICAL THERAPY:

- Start formal physical therapy 6 weeks post surgery.
- Do the below listed exercises as tolerated before starting physiotherapy.

WOUND CARE:

Bandages:

- On post op day 5 you can remove your dressing. Leave white strips in place, if you have them.
- You may cover the incisions with new bandages.

Shower:

- You may shower at post-op day 5 once your bandages are off.
- Keep white strips on incision, they may fall off in the shower. Shower without covering incision sites, keep out of direct water spray and pat dry. You may take sling off to shower, keep your arm across your chest.
- **NO soaking in bathtub/hot tub or pool for first 2-3 weeks**

SIGNS AND SYMPTOMS OF INFECTION:

- Excessive or worsening pain, increased redness around the incision sites, drainage from incisions that looks like pus and/or is foul smelling, if you run a fever above 38°C.
- If any of the above symptoms occur call Central Alberta Orthopedics at 403-309-2001 or go to the emergency department right away.

CONTROL OF PAIN AND SWELLING:

Pain Medication:

- For the first few days take your pain medication regularly as instructed, then wean as tolerated. Avoid taking pain medications on an empty stomach, as it can make you nauseous.
- Wean yourself off Percocet/Tramacet to Extra Strength Tylenol (acetaminophen) by **Day 5** post-surgery.

Cold Therapy:

- If you have a cold therapy machine, use as much as possible, as per device instructions.
- If you don't have a cold therapy machine, you can remove outer bandage to ice for 20-30 minutes, at least four times for several days. You may use it more frequently as needed.
- It will help in reducing pain. Avoid placing ice directly on bare skin to prevent frostbite and give a break of 30 minutes in between sessions.

Sleeping:

- It will help if you sleep with pillows behind your back and shoulder. Some patients find it helpful to sleep in a recliner.

PREVENTING BLOOD CLOTS:

- Make sure you get up and walk around as much as possible; mobilizing helps prevent clots.
- Take the blood thinner your surgeon prescribed.

Signs and Symptoms of Blood Clots:

- Severe and worsening pain and swelling in calf muscles.
- If any of the above symptoms occur call Health Link at 8-1-1 or go to the emergency department right away.

POST OPERATIVE EXERCISES (MAY START 1ST DAY AFTER SURGERY):

Elbow Range of Motion

- Take arm out of sling. With elbow bent at 90°, bend and straighten elbow as though brushing something off the front of you. Repeat 30 times, 3 times per day.

Grip Strengthening

- Make tight fist.
- Hold for 10 seconds. Repeat 30 times, 3 times per day.

Scapular retraction

- Stand with arms at side.
- Pinch shoulder blades together, as if you are trying to get them to touch in the middle.
- Hold for 10 seconds. Repeat 30 times, 3 times per day.

Active Assisted Range of Motion

- Take arm out of sling and let the injured arm hang straight.
- With your uninjured arm, grab your wrist on the injured arm. Use your uninjured arm to lift the injured arm up in front of you.
- Make sure you are bending at the shoulder and not at the elbow.
- Can be done while lying down as well.

DRIVING

- No driving while you are required to wear your shoulder sling.
- You may return to driving a vehicle (non-commercial) when you are no longer affected by pain, no longer wearing your sling, under the influence of pain medications, able to **fully weight bear on your affected arm**, and are confident that you can react appropriately in an emergency.

Due to the anesthetic, for the next 24 hours: Do NOT drive, sign legal documents, provide child care on your own or consume alcohol.