

## Proximal Humerus Fracture – Patient Information

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Orthopedic Surgeon & Sports Medicine

### ACTIVITY:

- You should flex and extend your fingers, wrist, and elbow as several times throughout the day.
- Wear the sling with the black pillow at all times, including while sleeping. Dr. LaFrance will determine in your follow-up visits when it is ok to remove the sling, usually 6-8 weeks.
- You may find it more comfortable to sleep in a reclining chair or in a seated position for the first week.
- No lifting with your arm.
- Physical Therapy will start after your are seen in the office.
- You should be doing your shoulder shrugs and shoulder blade retraction exercises beginning tomorrow morning.
- You may do circumduction exercises in your sling.

### DIET:

- Start with liquids and advance your diet as tolerated.

### Medication:

- Take the prescription pain medicine (OxyContin/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Ibuprofen or Advil can be taken in addition to the narcotic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

### DRESSING:

- Keep your dressing clean and dry. Do not remove the dressing
- You may shower after you are seen in the office
- Use ice over your shoulder for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

### SPECIAL INSTRUCTIONS:

- Once you are off pain medications and out of the sling then you may drive.

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### **YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:**

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your fingers or severe tightness of bandage

### **FOLLOW-UP CARE:**

- Your postoperative appointment 7-10 days after surgery will have been made for you when surgery was set up.