

DAMIAN M. ANDRISANI, M.D.
BRADLEY C. BLEY, D.O.
STEVEN M. DELLOSE, M.D.
MATTHEW D. EICHENBAUM, M.D.
MARK S. ESKANDER, M.D.
BRIAN J. GALINAT, M.D.
ANDREW J. GELMAN, D.O.
PAUL C. KUPCHA, M.D.
JOSEPH J. MESA, M.D.



DELAWARE ORTHOPAEDIC SPECIALISTS

DOUGLAS A. PALMA, M.D.
J. DOUGLAS PATTERSON, M.D.
MICHAEL J. PRINCIPE, D.O.
NICHOLAS F. QUERCETTI, D.O.
JAMES J. RUBANO, M.D.
DAVID K. SOLACOFF, M.D.
PETER F. TOWNSEND, M.D.
MATTHEW K. VOLTZ, D.O.

Discharge Instructions

Clavicle Fracture

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Use sling as needed. Allow active, passive and active assist range of motion. **DO NOT** do any lifting, carrying, pushing or pulling with injured arm until follow up appointment.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302- 655-9494 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery or discharge from hospital. You are expected to follow up until your fracture is healed.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** Remove all dressings on 3rd day from surgery and leave incision open to air. Place a dry dressing if needed for drainage.
- Showering:** You may shower on the 1st day after surgery with the clear dressing in place. After dressing has been removed, it is OK to wash shoulder with soap and water and take a shower. **DO NOT SOAK THE INCISION. NO BATHS OR POOLS.**
- Sutures:** Your sutures or staples will be removed at your follow-up visit if needed. Your incision was likely closed with a suture that does not need to be removed.
- DVT:** Take medication to try to prevent blood clots as recommended (Usually Lovenox or Xeralto) until completed. If you were not prescribed a medication for blood clots take aspirin 325 mg 2 times per day until your follow up appointment.

www.delortho.com

1096 OLD CHURCHMANS RD
NEWARK, DE 19713
PHONE: (302) 655-9494
FAX: (302) 351-4896

1941 LIMESTONE RD, SUITE 101
WILMINGTON, DE 19808
PHONE: (302) 655-9494
FAX: (302) 633-3559

3401 BRANDYWINE PKWY, SUITE 101
WILMINGTON, DE 19803
PHONE: (302) 655-9494
FAX: (302) 479-1559

114 SANDHILL DR, SUITE 103
MIDDLETOWN, DE 19709
PHONE: (302) 655-9494
FAX: (302) 464-1049

200 BANNING ST, SUITE 230
DOVER, DE 19904
PHONE: (302) 655-9494
FAX: (302) 674-2805