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## **Discharge Instructions**

### **Proximal Humerus Fracture / Shoulder Fracture**

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Use sling at all times except for cleaning arm and exercises.  
Start pendulum exercises as instructed before discharge from hospital on 1<sup>st</sup> day after surgery. **DO NOT** do any active motion with arm or 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.
- 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 3<sup>rd</sup> day from surgery and leave incision open to air. Place a dry dressing if needed for drainage.
- Showering:** You may shower on 1<sup>st</sup> 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.