



LANCASTER ORTHOPEDIC GROUP

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Discharge Instructions after Shoulder Fracture Repair

Your Incision

- Do not remove the dressing on your shoulder. This will be removed when you return to the office.
- You may shower immediately with your dressing on. The dressing and incision can get wet but cannot be submerged under water. Do not rub the incision or directly wash it.

Using Your Arm

- A sling has been provided to you. Wear this for 2 weeks at all times, except when performing elbow/wrist/hand exercises. You can come out of the sling 3-5 times a day to move your elbow/wrist/hand. Avoid any shoulder movement.
- You can also remove the sling to get dressed and for hygiene purposes but avoid any shoulder movement.
- Do not lift any weight at all with your operative arm.

Medication

- Pain medicine has been prescribed for you. Use your medicine liberally over the first few days, and then you can begin to taper your use.
- You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- If you have been prescribed Toradol (Ketorolac), take this around the clock as prescribed even if you do not have pain. Toradol (Ketorolac) is a powerful anti-inflammatory medication that often limits the amount of narcotic pain medication that is required.

If you are a smoker, you need to refrain from smoking in the postoperative period. The nicotine in cigarettes will inhibit healing of your repair. Similarly, nicotine containing products (gum, patches) should be avoided.

Please call 717-560-4200 for any problems. Including the following:

- Excessive redness of the incision
- Drainage for more than 4 days
- Fever of more than 101.5° F

You should see the doctor 10-14 days after your surgery.