

Discharge Instructions after Proximal Humerus ORIF

- A sling has been provided for you. Remain in your sling at all times except for bathing. This includes sleeping in your sling.
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Use the prescribed pain medicine liberally over the first 48 hours, and then you can begin to taper your use. **DO NOT TAKE MORE THAN THE PRESCRIBED DOSE.** You may take Extra Strength Tylenol or Tylenol in place of the pain pills. **DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen or Naprosyn as these may interfere with healing.**
- The clear dressing over the incision stays in place until the first follow up appointment.
- The clear dressing is waterproof, so you can shower when you get home. Just allow the water to run over the dressing. Make sure your axilla (armpit) is completely dry after showering.
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly.

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.