

Robert C. Grumet, MD
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POST OPERATIVE INSTRUCTIONS
PROXIMAL HUMERUS FRACTURE

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to shoulder every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours.
- D. You may take arm from sling and begin moving your arm gently. Keep your elbow at your side. Bend and straighten your elbow and wrist. Do not raise your elbow to shoulder level.
- E. Make sure that you have a post-op appointment scheduled at least 10 days to 14 days after surgery. Remain in the sling until then.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Remain in your sling at all times, except for showering.



3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Continue sling use
- C. Range of motion exercises as tolerated.
- D. Please keep your post-op dressings just as they are until your 1st post-op visit (2-4 days after surgery). At that time, we will remove your surgical bandages. You will then be allowed to shower.
- E. You will need to keep your op site(s) dry when taking a shower. You can cover your incision with waterproof bandages (available at your local pharmacy) or plastic wrap. Do not remove steri strips that cover your incision, as they are used to keep your wound together and protect your stitches.

NOTE: Your shoulder will be very swollen. It may take a week or longer for this to resolve. It is also common to notice burning/aching around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify our office. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.

4. Suture Removal

Your sutures/staples need to be removed 10-14 days from surgery at your second post op visit.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 2-4 days after surgery.

Your 2nd post-op appointment will be 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113 and ask for LINDA during office hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.