

Andrew J. Pastor, M.D.

Proximal Humerus Fracture Post Op Instructions

Activity level - Remain in a sling until your first post-operative appointment. The more you are able to allow your body to rest and recover initially, the better and faster your recovery. Sleeping may be difficult the first few days after surgery and comfortable positioning is important. Sleeping in an inclined position with the shoulder higher than the heart is usually most comfortable and can be done best in a recliner chair or lying propped up by pillows.

Precautions/activities to avoid - One should not lift anything heavier than a coffee cup for 6 weeks. Repetitive motions such as running should be avoided for 8 weeks. Stationary bike and elliptical trainer use, (without the arms), is fine as tolerated.

Sling- You will be placed in a sling immediately after your surgery. The sling is to support the weight of your arm and for comfort. It should also be worn to bed at night unless you don't move around much. You may extend your elbow outside of the sling frequently to avoid stiffness of the elbow. Desktop level activities are fine.

Dressings- Dressings can be removed after 3 days and the Steri-Strips will fall off on their own in 7-10 days. At this point, you may get incisions wet in the shower. Clean with simple soap and water and pat dry. Do not soak the wounds for the 2 weeks following surgery! No hot tubs or baths please. You may use skin lotion in all places except over the incisions. Do not apply any special ointments or creams to the incision until the skin is completely healed, typically 3 weeks after surgery.

Return to work - You may return to work depending on your job description as early as 3 to 4 days after your surgery. You will need to be off all narcotic pain medication for your brain to function normally. Jobs that have more physical requirements may require longer time away, up to 4 months in cases of heavy labor. Driving requires being off all narcotic pain medications and being comfortable using the shoulder.

Report any of the following symptoms immediately: Fever greater than 101° F, calf pain, pain not controlled by pain medications, redness swelling specific to the incision site, excessive bleeding, problems with pain medication, numbness and tingling of the arm that was operated on. You may call our office and speak with a member of our office staff. The number is **(425) 412-1875.**

Follow up – You will follow up with Dr. Pastor 2 weeks following surgery. You will follow up with Dr. Pastor again at 6 weeks post-operatively.

A handwritten signature in dark ink, appearing to read 'Andrew J. Pastor', with a stylized, sweeping flourish at the end.

Andrew J. Pastor, M.D.
www.AndrewPastorMD.com