Patient Name: [Patient Full Name]

Date of Surgery: [Date]

Procedure: Open Reduction Internal Fixation (ORIF) of Clavicle Fracture

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1. Wound Care

Keep the surgical dressing clean and dry. Do not remove the adhesive strips (Steri-Strips) unless instructed. You may shower [Number] days after surgery, but do not submerge the incision in baths, pools, or hot tubs until cleared by your surgeon.

2. Activity and Sling Use

- Wear your sling at all times, including during sleep, for the first [Number] weeks.
- You may remove the sling only for showering and performing gentle elbow/wrist range-of-motion exercises.
- **No lifting:** Do not lift anything heavier than a coffee cup with the affected arm.
- **No overhead reaching:** Do not raise your arm above shoulder height.

3. Pain Management

Take prescribed pain medications as directed. To reduce swelling and discomfort, apply ice packs to the collarbone area for 20 minutes every 2 hours during the first 48-72 hours. Ensure a cloth barrier is between the ice and your skin.

4. Warning Signs

Contact the surgical office or seek medical attention immediately if you experience:

- Fever over 101F (38.3C) or chills.
- Increased redness, heat, or foul-smelling drainage at the incision site.
- Sudden shortness of breath or chest pain.
- Numbness or tingling in the hand/fingers that was not present before.

5. Follow-Up Appointment

Your follow-up appointment is scheduled for: **[Date and Time]** at **[Location/Clinic Name]**.

Surgeon Signature: _____

Date: [Current Date]