

SIMON W. YOUNG

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HUMERUS FRACTURE ORIF Post-Operative Care

1. WOUND CARE

When you leave the hospital you will have a waterproof plastic dressing on your arm. You can shower with these on, although you should not point the water straight at the shoulder, nor soak in a bath or pool for 3 weeks.

The sutures used are absorbable and do not need to be removed.

The dressing and adhesive strips (steristrips) can stay on for 14 days. If the dressing falls off or leaks before then they can be replaced. Sometimes the pad beneath the plastic dressings have blood spots - this is normal and if there is no leaking they do not need to be changed.

Infection is rare, but if you develop fevers, or excessive redness or discharge from your wound, please contact us on the details below.

2. ACTIVITY

For the first six weeks you should rest your shoulder in the sling, including when sleeping.

To dress, you can come out of the sling and bend forward at the hips to let your arm hang down while putting clothes on. Do not elevate the arm.

To prevent elbow stiffness, **come out of the sling to gently bend and straighten the elbow at least once per day**; however do not lift any weight with that arm.

Typically the sling will stay on for 6 weeks. You will not be able to drive during this time. Simon Young will discuss physiotherapy with you.

3. WORK

Please discuss your job's requirements with Mr. Simon Young, he will plan any time off work with you and provide you with the appropriate forms before you leave.

FOLLOW UP

We will typically arrange a follow up appointment 6 - 8 weeks after the surgery or earlier if instructed to do so, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please
phone 09 521 9846 or email ortho@axisportsmedicine.co.nz

After hours or if the query is urgent you can contact
Simon Young on 021 616 183 or email simon.young@auckland.ac.nz