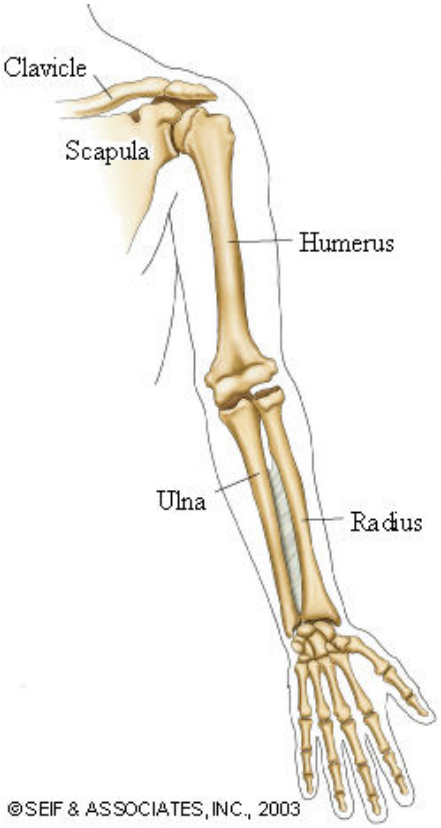
Upper Arm (Humerus) Fracture Treated With Open Reduction (Surgery)

Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital or out patient surgery center. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.



HOME CARE INSTRUCTIONS

- It is normal to have pain for a couple of weeks following surgery. See your caregiver if this seems to be getting worse rather than better.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use showers for bathing, until seen or as instructed.
- Change dressings as directed.
- You may resume normal diet and activities as directed or allowed.
- Use you sling or splint and avoid lifting until you are instructed otherwise.
- Make an appointment to see your caregiver for stitch or staple removal when instructed.
- You may use ice on your incision for twenty minutes four times per day for the first two days.

SEEK MEDICAL CARE IF:

- You have increased bleeding from your wound.
- You see redness, swelling, or have increasing pain in your wound.
- You have pus coming from your wound.
- You develop an unexplained temperature over 101° F (38.3° C).
- You have a foul smell coming from the wound or dressing.
- You develop lightheadedness or feel faint.
- You have numbness, tingling or weakness in your hand that was not present immediately after surgery.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.
- You have fever greater than 102° F (38.9 ° C) that does not respond to medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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