

## **Clavicle Open Reduction and Internal Fixation**

### ***What is the clavicle?***

The Clavicle is also known as the "collarbone". The clavicle acts as a strut and connects your shoulder girdle to the main skeleton of your body.

### ***How do you repair a displaced clavicle fracture?***

If surgery is recommended, then the clavicle will be repaired using a stainless-steel or titanium plate and screws. The plate and screws will hold the clavicle in place while it heals. It is strong enough to allow you to have shoulder range of motion without disrupting the fracture site.

### ***Length of Stay***

This is usually done as an outpatient (same day) surgery. You will need to have someone to drive you home after you have been discharged.

### ***Anesthesia***

Patients usually have general anesthesia, which means you are asleep. The anesthesiologist will speak to you on the day of surgery.

### ***Incision***

You will have an incision across your Collarbone. Once the incision has healed, it is usually very thin and not very noticeable.

### ***Pain***

You will have a opioid limiting pain regimen prescribed for when you are discharged home. Typically, you will be given Toradol, an anti-inflammatory to take for 3-5 days, Gabapentin a nerve pain medication to be taken for 2 weeks, and a narcotic medication such as Norco or Percocet to be used sparingly for breakthrough pain. **After a few days most patients are comfortable on ES Tylenol.**

### ***Sling***

Your arm will be placed in a sling prior to leaving the operating room. You are to remain in your sling 24 hours a day. This includes sleeping in your sling. **You are not permitted to drive** for these 2 weeks while you are in the sling.

### ***Dressings***

You will go home with a clear dressing that will allow you to shower right away. Usually an absorbable stitch is used, so that there will be no stitches to be removed at your post operative visit.

### ***Physical Therapy***

Formal Physical Therapy can begin at 6 weeks after surgery. After 2 weeks you will be allowed to perform light exercises while at home. Dr. Acevedo will show you these exercises at the post operative visit. If you prefer home therapy, Dr Acevedo can prescribe you a rehabilitation program with the MyHealthTrack app.

### ***Restrictions***

Recovery from a clavicle fracture surgery is about three months. During that time, you will have some restrictions on the use of your operative arm.

**Day of surgery to Week 2:** no use of arm, out of work

**Weeks 2-6:** opposite hand work only. The left arm can be used for activities of daily living, driving, and for range of motion exercises

**Months 2.5-3:** no lifting or carrying greater than 15 lbs, only occasional reaching

**> 3 Months:** No restrictions. No Contact Sports for 6 months.

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