



Post-operative Calendar After Clavicle Repair

Days 1-4

- Keep incision site iced until pain and swelling are minimal
- Keep dressing dry and intact
- Limit weight bearing with upper extremities to 10-15 pounds
- May use sling for comfort. Remove sling at least 4 times per day to perform range of motion exercises with your shoulder and elbow to prevent stiffness

Days 4-14

- Continue to ice as needed for pain control and swelling
- May begin weight bearing as tolerated with upper extremities
- May begin using stationary bike at days 3-4
- May begin running after the first week

Week 2

- Return to clinic for x-rays and dressing removal
- Possible staple removal if swelling has reduced enough
- Start physical therapy for swelling and gentle range of motion exercises if needed

Weeks 2 - 6

- Continue full weight bearing as tolerated
- Okay to get incisions wet in shower

Week 6

- Return to clinic for repeat x-rays
- May begin contact sports and resume all activities as tolerated

Week 12

- Return to clinic for final x-rays

Tips:

- We recommend you do not remove your dressing until you are seen at your first visit.
- NSAID medications (ibuprofen, naproxen) should be avoided as they can slow down healing time, especially in fractures and bony fusions.