

**Jason K. Lowry, MD FAAOS**

**FL2145921  
T0188705**

[www.jasonlowrymd.com](http://www.jasonlowrymd.com)  
[www.arlingtonortho.com](http://www.arlingtonortho.com)

DATE:



**ARLINGTON ORTHOPEDIC  
ASSOCIATES, P.A.**

**LIFE IN FULL MOTION**

**Arlington Orthopedic Associates**

800 Orthopedic Way  
Arlington, TX 76015  
p: (817) 375-5200  
f: (817) 299-1789

2801 East Broad St  
Mansfield, TX 76063

2001 N. MacArthur Blvd  
Ste 630  
Irving, TX 75061

## **Dr. Lowry's Post-Op Instructions**

### **Left/Right Clavicle Fracture ORIF (Plate & Screws)**

1. OK to remove your dressings & shower only (no baths) after 48 hours from surgery. Immediately dab your incisions dry, place a thin layer of Neosporin ointment, & place sterile 4x4s and tape.
2. Use the cold cuff or "polar care" for 48-72 hours. Be sure to remove it at least three times for at least 30 minute intervals. Also, ask your nurse after surgery about instructions using it. If you are NOT given one of these devices, apply a well-sealed ice pack to your shoulder.
3. To help your bones heal, you will be prescribed Vitamin D & Calcium supplements.
4. Stay in your sling at all times other than showering x 6 wks. You need to perform active motion of your elbow, wrist & hand out of the sling at least twice a day.
5. Weight restriction: no greater than 5 lbs for 6 weeks.
6. You may have sutures that will be removed at your next clinic visit or they will be placed under the skin and are absorbable.
7. Be sure to check with the nurse about getting your appointment with me in 14 days.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1