



**Rahul Banerjee, MD**  
ORTHOPEDIC SURGEON

1600 Coit Road  
Suite 306  
Plano, TX 75075  
T: 877-314-8990  
F: 833-865-8605

## **CLAVICLE (COLLARBONE) FRACTURE POST-OPERATIVE INSTRUCTIONS**

### Weight-Bearing and Activity

1. Please do not bear any weight on the operated arm until you first follow-up visit.
2. Please avoid lifting anything heavier than 5 pounds with your arm.
3. Please do not perform any overhead activities with the arm until your first follow-up visit.

### Surgical Dressing (Bandages) and Wound Care

1. The surgical dressing (bandages) consists of a clear dressing (Tegaderm) and gauze. Please remove the bandages on the second day after surgery.
2. PLEASE NOTE: It is normal for there to be some blood or drainage on the gauze bandages.
3. Depending on how your skin was closed, you may see staples, stitches, small bandaids (Steri-strips), or a plastic film (Dermabond) below the gauze.
4. After you have removed the bandage, you may leave it off except when showering (see below).
5. Please do not apply any ointments or lotions on or around the surgical incision.

### Sling

1. You may wear your sling as needed for comfort.
2. The sling does not have to be worn at all times and should be removed several times daily for elbow range of motion.

### Showering/Bathing

1. Please keep the surgical area dry until your follow-up appointment.
2. When showering or bathing, please cover the surgical site with a plastic bandage. If the surgical site gets wet, please gently dry it.

### Follow-up Appointment

Please call the office at 877-314-8990 to arrange or confirm your post-operative appointment.

Please call the office if you are experiencing any of the following:

- Excessive drainage from your surgical incision
- Fever
- Increased redness of your skin surrounding the incision
- Pain that cannot be controlled with your pain medications
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