

## Shoulder Clavicle Fracture Discharge Instructions

Arm in sling/brace at all times while up/ambulating. Can remove sling/brace for shower and exercises as prescribed by Dr. Hazelwood/therapy.

Daily exercises 3-4x/day, shoulder pendulums, table slides, elbow and wrist range of motion.

No lifting with operative extremity > 5 lbs.

Waterproof dressing placed, ok to shower.

Keep dressing on until follow up with Dr. Hazelwood.

Follow up with Dr. Hazelwood as scheduled, or call for appointment approximately 2 weeks following surgery.