



Michael Pensak, M.D.

**530 Lakehurst Rd, Suite 101
Toms River, NJ 08755**

**2 Hospital Plaza, Suite 310
Old Bridge, NJ 08857
732-349-8454**

Post-Operative Instructions Proximal/Midshaft Humerus Fracture Intramedullary Nailing

Your Post-Operative Bandages:

Once you leave the hospital your post-operative dressing has two layers that you need to understand in order to properly care for your arm following surgery. Your incisions were closed with multiple layers of deep absorbable stitches and the skin was closed with staples. Over these, gauze and large absorbent pads are placed. Heavy tape is used to secure everything in place. Lastly, you will be placed into a sling to support your arm, especially if you have a postoperative nerve block performed by anesthesia.

Ice and Finger Motion:

One important goal following surgery is to minimize swelling around the arm. The best way to achieve this is with the frequent application of ice and by gently pumping your fingers open and close as much as possible.

Washing & Bathing:

You should be careful to keep the wounds clean and dry for the first 5 days after surgery. After that it is ok to shower but your arm should be wrapped up from the fingers to the shoulder in a watertight bag to keep the dressings dry at all times. If your dressings get wet please call my office.

Weight Bearing:

You may be weight bearing as tolerated on your operative arm. However, you will likely be hesitant and afraid to lift anything after surgery as you will be sore from the procedure. There is no harm in waiting until I see you in the office and you commence with therapy to start lifting.

Physical Therapy:

All patients will need physical therapy following surgery. This will begin after your first post-operative visit.

Follow up appointment:

We try to give all of our patients a follow-up office visit at the time we schedule your surgery. I will usually see you 7-10 days after surgery to check your wound, range of motion and look for any excessive swelling and to remove your stitches.



Michael Pensak, M.D.

**530 Lakehurst Rd, Suite 101
Toms River, NJ 08755**

**2 Hospital Plaza, Suite 310
Old Bridge, NJ 08857
732-349-8454**

Follow up appointment: _____

Medications:

I will usually prescribe the narcotic Oxycodone rather than Percocet so that you can supplement with Tylenol on the side and not have to worry about excessive Tylenol consumption. Oxycodone is Percocet without the Tylenol. This medication should be taken every 6 hours at the dose prescribed. However, you may supplement with Ibuprofen and/or Tylenol every 6 hours, offset by three hours from the narcotic. For example, in a given 24 hour period, you would take Oxycodone at 6, 12, 18 and 24 hours and the Ibuprofen and/or Tylenol at 3, 9, 15, 21. This way, you have medication on board every 3 hours. I find that it leads to better pain relief. If you were ever told that you can't take non-steroidal anti-inflammatories which is the class of medication Ibuprofen belongs to, or that you can't take Tylenol, then simply stick with just the narcotic. Tylenol and Ibuprofen should be taken in accordance with the directions on the bottle.

Some patients, when taking the first few doses of Oxycodone, may experience nausea or an episode of vomiting. To prevent this, take the medicine with food and be patient while the medicine begins to work. Usually, after the first few doses the nausea will go away. This medication may also cause skin itching and a slight rash. If either of those happen please notify us but they will usually subside with Benadryl so long as you have no contraindications to taking that medication.

What to watch out for:

- Worsening pain despite taking pain medication
- Persistent drainage from the wound after surgery
- Foul smelling drainage
- Increasing redness, pain or swelling around the surgical site
- Fever greater than 101
- Unable to keep food or water down for more than one day

Who to call for questions or problems:

If you are having problems or there are questions you need answered then please call our office at



Michael Pensak, M.D.

**530 Lakehurst Rd, Suite 101
Toms River, NJ 08755**

**2 Hospital Plaza, Suite 310
Old Bridge, NJ 08857
732-349-8454**

732-349-8454 and our staff will assist you. Our hours of operation for our phone room are as follows:
Monday through Thursday 8:30am- 4:30pm and Friday 8:00am – 4:00pm.

We realize that after surgery some problems or questions are urgent and cannot wait until normal working hours. Under these circumstances we have a service that will get the message to a doctor on call for our office by calling the main number 732-349-8454.

*****If an emergency were to occur please go to the nearest ER for immediate attention.**

Michael Pensak, M.D.