

WHAT TO EXPECT AFTER HUMERUS FRACTURE SURGERY

Dr. Erik Dorf

Humerus fractures are common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your injury/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** Following your surgery you will have a bandage on your shoulder and your arm will be protected in a sling.
2. ***FIRST 48 HOURS AFTER SURGERY:*** Your arm may be numb or asleep for up to 24 hours after surgery. After the first 24 hours following surgery, it is important that you straighten out your elbow for approximately five – ten minutes several times daily while you are awake.
3. ***FIRST TWO WEEKS:*** Pain or swelling in the arm is normal. This can be lessened by the use of an ice pack, by elevating your hand/forearm, and by the use of your pain medication as needed. **You will wear your sling at all times during the first four weeks after surgery except while exercising your elbow, performing the exercises learned in therapy, or bathing.**
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We will remove your sutures. You will continue to wear the sling most of the time. You will begin working on elbow motion 3 times per day.
5. ***4 WEEKS AFTER SURGERY:*** You will return to the office for a repeat wound check and for x-rays of your humerus. You will begin physical therapy at this point, working on range of motion for your shoulder and elbow.
6. ***TWO MONTHS AFTER SURGERY:*** You will return to the office for repeat x-rays. We will also check your range of motion, and continue physical therapy if needed.
7. ***THREE MONTHS AFTER SURGERY:*** You may begin gentle strengthening exercises in physical therapy.
8. ***HOW LONG TO GET BETTER?*** Most people are mostly better by 6 months and will progress with activity as tolerated. It may take up to one year for you to be fully improved.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220