



POST-OPERATIVE INSTRUCTIONS PROCEDURE: TIBIA ORIF/INTRAMEDULLARY NAIL

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from the surgery center/hospital. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: Keep splint and dressing on at all times until you return for your post-operative visit. Sutures will be removed at your first post-op visit. Do not get the incisions wet until you have been seen by your surgeon and given approval for showering. You will not be able to soak the incisions for 1 month.
- ICE: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Do not get the incision wet.
- Activity & Crutches: Use crutches/walker at all times. You should not bear weight on the operative leg at any time. Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.
- DVT (blood clot) prevention:
 1. Perform range of motion exercises for right and left ankle to exercise calf muscles. Do ten reps every hour minimum while awake. If placed in a splint, do not take splint off and only perform exercises with uninjured leg.
 2. You may be placed on an anti-coagulant (blood thinner) such as Lovenox or Coumadin depending on your surgeon's preference. If not, beginning the day of surgery, take one regular (325mg) aspirin daily for 4 weeks unless not recommended for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
- Post-Operative Appointment: Please make a post-operative appointment 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

➤ When to call your surgeon:

- Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days