

The locking screws have been removed from your tibial nail to allow compression of the fracture with weight bearing to stimulate healing. After screw removal, there may be some increased discomfort at the fracture site, but walking and light exercise is encouraged as it helps fracture healing and lowers the risk of blood clots.

1. Dressing Care:

Change your dressing two days after surgery, then as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

2. Pain Medication:

You will be given a painkiller _____ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

DO NOT SMOKE OR TAKE ANY ANTI-INFLAMMATORY MEDICATIONS (IBUPROFEN, ADVIL, MOTRIN, ALLEVE) AS THIS CAN SLOW FRACTURE HEALING

3. Activity:

You may resume activity as tolerated following your surgery. Walking and light exercise is encouraged as it helps fracture healing and lowers the risk of blood clots.

4. General Instructions:

Apply ice to the incision (20min on /off) to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever $>100.5^{\circ}$ F, call the office immediately.

5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

6. Other Instructions:

*If you have any problems or concerns following surgery,
please call our office at (616) 949-8945.*