



Post-Operative Instructions

Gamma Nail

WOUND CARE

- Do not remove dressings.
- Dressings are waterproof. May shower letting warm soapy water run over the dressings.

ACTIVITY

- Physical therapy will start to work with you in the hospital within 12 hours after your surgery.
- No restrictions with activity.
- You may be weight-bearing as tolerated.
- You may climb stairs.
- NO driving until your post-operative appointment.

ANTICOAGULATION

- You will be given a prescription for a blood thinner to help prevent blood clots. TAKE AS PRESCRIBED ON THE BOTTLE.
- TED stockings (TED stand for Thrombo-Embolic-Deterrent, which means that they prevent blood clots.) should be worn while awake for one month after surgery. They will help prevent clots, as well as help prevent swelling in your legs.



PAIN MANAGEMENT

- TAKE YOUR PAIN MEDICATION AS PRESCRIBED ON THE BOTTLE.
- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform your physician or PA prior to the procedure.
- For instructions on refilling a prescription, please read our **Prescription Refill Policy**.
- Call the office if you continue to have uncontrollable pain.
- If you are taking narcotic pain medication (Percocet or Vicodin), we recommend an over-the-counter stool softener, such as Docusate or Milk of Magnesia, to prevent constipation.

EMERGENCIES

Call the office (at 401-218-6005) if you experience the following:

- Dressings become saturated or fall off
- Increased redness at surgical site
- Pain uncontrolled by pain medicine
- Uncontrollable bleeding
- Fever > 101 ° F or shaking chills
- Difficulty breathing or chest pain
- Severe pain or redness in calf
- Painful swelling despite ice and elevation

FOLLOWUP CARE/QUESTIONS

- You should have a post-operative appointment scheduled approximately 2 weeks after your surgery. If not, please contact the office to schedule an appointment (401-218-6005).
- Please arrive 30 minutes prior to your appointment to allow ample time for x-rays.



Prescription Refill Policy

401-218-6005

Our office requires **72-hour business hours for all prescription requests**. We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

Your request requires **one clear and detailed message on 401-218-6005**, with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.

Thank you in advance for your patience and cooperation.