



SETH CRINER

ORTHOPEDIC SURGERY

820 S. Akers, Suite 220 Visalia, CA 93277
Office Number: 559-733-3346

Tibia Intramedullary Nail Post-op Instructions

Wound Care/ Bathing:

- You may shower the day of surgery and the following 5 days with your bandage on as long as the bandage and knee stay dry. I recommend you buy a shower stool to sit on.
- You may remove your bandage 5 days after surgery (except the steri-strips on the skin, if you have them). You may get the knee wet, wash lightly with soap and water, and recover the incisions with Band-Aids.
- NO SOAKING IN A POOL OR TUB for 3 weeks.

Pain Control:

- Take pain medication as directed by the pharmacist when you pick up your prescription.
- Take an anti-inflammatory like the Meloxicam if we called that in, or else over-the-counter Advil, Aleve, etc for the first 2-4 wks to help with the pain and swelling. You can stop if you have no pain.
- Take the narcotics (usually hydrocodone/acetaminophen) only as needed. The one exception is it's good to take the narcotics around the clock the first 24 hrs after surgery to prevent yourself from being caught off guard when the numbing medication used during your surgery wears off. You can take 1-2 pills every 4-6 hrs as needed for severe pain.
- Ice leg for 10-15 minutes every hour as needed for swelling.
- Elevate your leg higher than your heart, as much as possible for pain & swelling

Blood Clot Prevention:

- Take 1 full strength 325 mg aspirin daily for 2-4 weeks to minimize your risk
- Getting up and walk around frequently without putting weight on your operated on leg during the day – at least once every 1-2 hours while awake is usually enough to minimize blood clots in your veins

Activity:

- Weight bearing as tolerated on your operative leg unless told otherwise. Use crutches, a walker, or wheelchair for getting around.
- I recommend you not return to work until after at least your first post-op appointment, and only return if and when you can do so safely.
- It's safest to not drive until your first follow-up appointment. If you're no longer taking narcotics, and your leg is full strength it may be okay to start earlier.

Physical Therapy:

- Depends on how you are doing. Typically do not send people to physical therapy until at least 6 weeks out from surgery.
- Review the therapy protocol so you have an idea of the timeline of what you'll be doing.

Follow-up Appointments:

- Call the office to schedule your first post op appointment 559-733-3346.
- The following standard post-operative visits will be scheduled at will be at the following time frames following surgery: 7 weeks, 14 weeks, and 6 months

Questions:

- Call 559-733-3346 and ask for Jules during the day.

Emergencies:

- If you have emergent questions or concerns that can't wait until the day, you may dial the same office number and will get the on call orthopedic doc. If it's not Dr. Criner, the surgeon that answers your call won't know who you are, so be sure to clarify that you are one of Dr. Criner's patients, tell them the surgery you had, and how many days ago you had surgery.
- It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you'll have to go to the emergency room.