

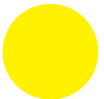


NORMAL SYMPTOMS:

- Pain controlled with medication
- Increased swelling with activity
- Stiffness without activity

YOU SHOULD:

- Continue current dosage and wean from narcotics
- Elevate, rest and ice your surgical extremity
- Perform your home exercises as prescribed



IF YOU NOTICE THE FOLLOWING SYMPTOMS YOU SHOULD CONTACT YOUR OAM PROVIDER:

- Drainage from your incision
- Redness or heat around your incision
- A temperature greater than 100.5 degrees
- Uncontrolled swelling
- Calf pain
- Pain to the surgical extremity that is not controlled with pain

- Continue current dosage and wean from medications
- A fall or injury to your surgical extremity
- New or unexplained bruising
- A dressing that becomes saturated with blood (apply pressure, ice, elevate, and call)
- Surgical extremity becomes white, blue, or cold
- Problems with urination after surgery
- Persistent nausea and vomiting after surgery



IF YOU NOTICE THE FOLLOWING SYMPTOMS YOU SHOULD REPORT TO THE EMERGENCY ROOM:

- Chest pain
- Shortness of breath at rest
- Extreme confusion

OAM **now**

URGENT ORTHOPAEDIC CARE



Walk-ins welcome
Monday-Friday 8 am-8 pm
Saturday 9 am-5 pm

oamnow.com

855-oamnow1
(855-626-6691)

There's no better time for OAM NOW

When you have an unexpected bone, muscle, ligament or tendon injury, you don't want to wait days or weeks to see a specialist.

At OAM NOW you don't have to!

Here, you'll see a provider that specializes in orthopaedics right away.

More benefits of receiving urgent care at OAM NOW:

- We charge for just a specialty office visit versus an expensive emergency room visit.
- We can take x-rays and fit you for a brace or splint onsite.
- We facilitate further testing and follow up appointments with our specialized providers and licensed therapists.

2680 Leonard St. NE
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