

An OAM provider is available 24 hours per day 7 days per week: (616) 459-7101

Normal symptoms after surgery:

- 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
- Continue moving around as your surgeon allows

Call your surgeon's office if you experience the following:

- Persistent nausea or vomiting
- Pain related to your surgery not controlled with medications
- Concerns with your incision (drainage, redness, heat around the incision)
- Temperature greater than 100.5 degrees
- Uncontrolled swelling
- Calf pain

- A fall or injury to your surgical extremity
- New or unexplained bruising
- A dressing saturated with blood (apply pressure, ice, elevate, and call)
- Surgical extremity becomes white, blue, or cold
- Unable to urinate after surgery

Call your primary care provider (PCP) or go to Urgent Care if you experience the following:

- Colds, cough, flu, sore throat
- Symptoms of a urinary tract infection: frequency, pain/burning with urination
- Constipation

- Rash or skin condition
- Headache
- Vertigo (without head injury or signs of stroke)

Go to the Emergency Room if you experience the following:

- Chest pain
- Shortness of breath
- Signs of a heart attack or stroke
- Extreme confusion
- Loss of consciousness

- Mental health emergency
- Severe pain after surgery <u>IF</u> you are unable to get a hold of your surgeon's office
- Loss of bowel or bladder control after spine surgery



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

> 855-oamnowl (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.

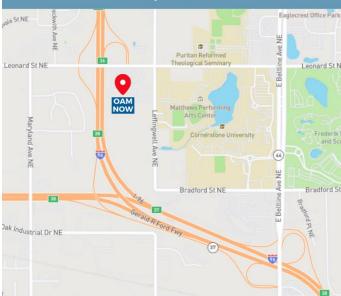
At OAM NOW you don't have to!

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 Grand Rapids, MI 49525



oamnow.com