

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

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 **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
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 **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
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 **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)
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 **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 **IF** you are unable to get a hold of your surgeon's office
- Loss of bowel or bladder control after spine surgery

# OAM **now**

URGENT ORTHOPAEDIC CARE



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

[oamnow.com](http://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  
Grand Rapids, MI 49525

