

## **Post-Operative Instructions: Tibial Nail (Rod) Insertion**

### **Coming Home**

- It is normal to feel like your leg is sore and swollen. This will improve over time.
- You can put full weight on your leg as tolerated. Use a walker/crutches/cane to help support yourself with ambulation as needed.
- Work on regaining your knee and ankle range of motion. It is safe to move your knee and ankle.
- You can use ice in 30-minute intervals to assist with pain and swelling.
- When at rest, keep your knee and leg elevated for 72 hours after surgery to help diminish swelling.

### **Dressings/Hygiene**

- Keep your dressings dry and intact. They will be removed in the office at your first post-op visit.
- You may shower once the initial dressings are removed. Until then, please perform sponge baths in order to avoid getting the dressings wet. Do not scrub the skin glue off the incision.
- Once the dressings have been removed and the wound is dry, it is safe to leave the wounds open to air. You may apply an ace wrap over the wound for additional protection if you prefer.

### **Medications**

- **Aspirin / Enoxaparin (Lovenox) / Rivaroxaban (Xarelto) / Apixaban (Eliquis):** You have been prescribed one of these medications to lower the risk of blood clots. It is important to take the full amount of medication as prescribed. The over-the-counter aspirin dose is 325 mg daily for 30 days.
- **Acetaminophen (Tylenol):** This medication helps with pain. It should be taken on a scheduled basis (1000 mg every 8 hours) for as long as needed.
- **Oxycodone / Tramadol / Hydrocodone:** These are narcotic medications that can be taken as needed for pain control. You should taper off and discontinue these medications as soon as you feel you no longer need them.
- **Meloxicam / Ibuprofen:** These are anti-inflammatory medications that help with pain and swelling. You should take the medication as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the anti-inflammatory for as long as it is required to manage your pain, but it should not be taken longer than necessary.
- **Gabapentin:** This medication helps diminish pain signals along the sensory nerves. If prescribed, it should be taken as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the gabapentin for as long as it is beneficial.

### **Follow-up and Contacts**

- Your first post-operative visit is typically two weeks after surgery. Call the office to make your appointment if it has not already been scheduled.
- If you have any questions or concerns, please do not hesitate to call:

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