



POST OP GENERAL WOUND CARE INSTRUCTIONS

- If you have staples, they will be removed in our office approximately 2 weeks after surgery. Apply bacitracin ointment to the wound daily.
- If you have dermabond (skin glue) and/or steri-strips (little pieces of tape) on your incision(s); allow this to slough-off on its own (don't pick it off).
- If you have a bandage on your incision(s), you may remove it 24 hours after surgery.
- You may shower 24 hours after surgery; pat the area dry after showering.
- Do not bathe until seen in the office and cleared to bathe.
- Call the office immediately if you have signs of infection such as redness or drainage from the incision(s) or a temperature greater than 101 degrees Fahrenheit.
- Call 911 for swelling around the throat or difficulty breathing.

ACTIVITY

- Walking is your primary exercise; walk as much as you are comfortable.
- If an activity hurts, then stop doing it.

RESTRICTIONS

- If prescribed a brace, wear your brace as directed (when upright or while walking)
- Avoid bending, lifting, twisting and turning at the waist ("BLTs").
- No lifting greater than 10 lbs (about a gallon of milk); carry objects close to your body.
- No swimming, pools, hot tubs, etc. which submerge your incision(s).

DRIVING

- You may drive when you are off prescription pain medications or muscle relaxants.
- If you were driving before your procedure, you should only consider going back to driving when you should feel safe. You should be able to react quickly, step on the brake quickly, look over your shoulder easily, etc.

MEDICATIONS

- Take an over-the-counter stool softener such as Colace 100mg twice daily or Senokot once daily to avoid constipation; stop for loose stool or diarrhea.
- Initially, take the pain medication and muscle relaxer as prescribed for pain and muscle spasms if/when you are having symptoms.
- Wean down/off these medications as your symptoms improve.
- Refills: call our office between 8 am- 4 pm M-Th, 8 am - 11:30am Fri; please allow 24-48 hours to process.
- NO TOBACCO, NICOTINE OR ANTI-INFLAMMATORY MEDICATIONS (ibuprofen, motrin, etc).
- Nicotine-containing products (cigarettes, cigars, smokeless tobacco, e-cigarettes, gum, patches, lozenges, etc) and anti-inflammatory medications (Motrin, ibuprofen, Advil, Aleve, Naprosyn, Naproxen, Celebrex, Relafen, etc) may cause your healing problems and failure of back surgery (not fuse).

HEAT OR ICE

- Preferably use ice early in the healing process.

FOLLOW-UP

- Your post-op follow-up appointment date/time should already be made and included in your discharge paperwork, but if it is not or you do not know the date, please call the office at (239)-944-5054