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Post Operative Instructions: Spine

ACTIVITY:

1. You should not over-exert yourself for the first few weeks. Make sure you walk every day whatever distance is comfortable. If your back or legs start to hurt, you have walked too far. You can go up and down stairs.
2. AVOID vigorous activities such as running, golfing, skiing, tennis, or vacuuming for at least two (2) months and/or when instructed by our staff. These activities put a stress on the spine, especially when twisting, which could cause a recurrent disk herniation.
3. Do not lift more than eight (8) pounds, which is approximately a gallon of milk.
4. If you have one, wear a corset brace when you are up and walking or doing activities. Do not wear the brace while in bed at night unless otherwise directed to do so.
5. Do not sit upright in a straight chair for longer than two (2) hours at a time. You may be more comfortable on a recliner, couch or bed.

MEDICATIONS:

1. Take the prescribed pain pills as directed.
2. If you are taking Vicodin (hydrocodone/acetaminophen) or Percocet (oxycodone/acetaminophen) for pain medications, it already contains high doses of Tylenol (acetaminophen). Therefore, do not take additional Tylenol (acetaminophen) as you may cause overdose side effects.

INCISION CARE:

1. You may shower and get the incision wet with out a dressing on the third day post-operation. Wash gently over the incisions.
2. If you have paper tape or steri strips on the incision, they may fall off while showering – DO NOT PULL THEM OFF until at least ten (10) days after surgery.
3. It is best to leave the incision uncovered. But, it may be covered lightly with a dry, sterile gauze dressing for you comfort.
4. Call the surgeons office if there is any redness, drainage from the incision, or you have a temperature above 101.5 degrees.

FOLLOW-UP:

1. You have an appointment scheduled with your surgeon as previously arranged at the Vernon Medical Building office.