



2105 Braxton Lane, Suite 101 • Greensboro, NC 27408

Phone: (336) 333-6306 • Fax: (336) 333-6309

Website: www.spineandscoliosisdocs.com

GENERAL POST-OPERATIVE INSTRUCTIONS

Your first post-operative visit will be approximately 4 weeks after surgery. Please call the office at (336) 333-6306 after being discharged from the hospital to arrange this appointment. Your first post-op visit will be with a physician assistant.

- Do NOT drive or operate machinery until advised to do so by your doctor.
- Limit time spent in an automobile as much as possible.
- Do NOT engage in sports, heavy work or heavy lifting until you are given permission.
- **When taking pain medication,** BE CAREFUL as you walk or climb stairs. Dizziness is not unusual. We recommend **against** driving, operating machinery, making important decisions or caring for small children while on pain medications. Constipation is common when taking pain medications. Be sure to eat a well-balanced diet, high in fiber and fluids (e.g., water). Take a stool softener and use a laxative as needed.
- The gauze dressing may be changed daily. When all drainage from your incision stops, you may discontinue the dressing.
- You may shower. If your incision is draining, keep it dry until it stops. Do not submerge incision under water.
- Remember, some pain is normal – even pain that is similar in nature to your pre-operative symptoms.
- Please report any significant increase in swelling, redness, fever, intractable pain, numbness, weakness, bowel problems or bladder problems immediately!!