

716 Orthopaedics & Spine Surgery, PLLC

Post-Operative Discharge Instructions

Wound Care:

- **Do NOT** remove the surgical dressing
- Keep dressing clean and dry.
- Remove the dressing ____ days after surgery but,
- Keep the area clean and dry.
- Apply ice pack to the area for no more than 20 minutes with the dressing covered to avoid saturation.
- Leave the Steri-strips intact.
 - o Shower or bathe tomorrow, cover dressing, keep dry.
- Special Instructions: _____

Medications:

- Avoid taking medications on an empty stomach.
- Take medications **ONLY** as prescribed by your physician.
- Speak with your physician before resuming home medications.
- If prescribed antibiotics, take completely.
- **No** aspirin products or blood thinning medications until approved by physician. Including but not limited to.
 - o NSAIDs, Anti Inflammatory
- **DO NOT** drink alcohol, **DO NOT** drive, **DO NOT** operate machinery, **DO NOT** sign legally binding documents, or make any life altering decision while taking prescription medications.
- Special Instructions: _____

Diet:

- Begin with clear liquids and dry toast or crackers- progress diet as tolerated.
- Slowly return to regular diet as tolerated.
- Special Diet Instructions: _____

Activity:

- Rest at home as much as possible for the first 24hrs. Anesthesia may impair your judgment within that time. It is recommended that someone stay with you during this time.
- **DO NOT** drive until authorized by your physician, **DO NOT** make important decisions for the next 24 hours, **DO NOT** drink alcohol, especially when taking pain medications.
- **REFRAIN** from smoking to allow successful healing.
- Walk as much as your pain will allow.
- Cough and deep breathe as often as possible for the next 24 hours to prevent breathing complications.
- **NO** bending forward, heavy lifting, reaching over head, twisting until authorized.
- Wear your compressive stocking(s) until you are ambulating well.
- Sleep on your back or sides. **DO NOT** sleep on your stomach.
- Wear your brace 24 hours a day. Take brace off only for hygiene, then replace immediately.
- Avoid moving too much while out of the brace. Your physician will notify you when you may remove it.
- Special Instructions: _____

Notify your physician for any of the following:

- Chest pain
- Loss of bowel or bladder function
- Excessive drainage or bleeding from the incision
- Excessive swelling at the incision site or extremities
- Persistent vomiting
- Temperature greater than 101°F

IF YOU NEED IMMEDIATE ATTENTION, CALL 911