

Spinal Patients Discharge Instructions for Dr. Ashford, Dr. Costigan and Dr. Lee

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Incision Care

1. Keep the incision and dressing clean and dry.
2. Have someone check the wound for drainage or infection daily.
3. Shower to keep your body clean. You may clean the incision with soap and water. Immediately dry after a brief shower and put a new dressing to protect the incision.
4. If there is increasing drainage, redness or pain, please notify your physician.

Medication

1. Be sure to have filled all prescriptions prior to surgery. If there is a post-operative medication, i.e. pain medications, get the prescription prior to discharge. Resume all regular medication for home use as prescribed by your primary M.D.
2. Avoid Anticoagulants. No Aspirin or Aspirin containing products.

Diet

1. Any food is okay. Be careful of constipation, fiber laxatives help, stool softeners at bedtime make it easier for the next day.
2. Minimize alcohol intake.
3. Avoid smoking or being around people that smoke for the healing.

Activity

1. Walk each day to build endurance and gradually increase to tolerance.
2. Use the walker for walking until you gain confidence and balance.
3. If a back brace is ordered for you, wear the back brace any time you are out of bed. Some people wear the brace for comfort or support in bed, however this is not necessary.

Follow- Up

1. Do not forget follow-up with your primary Doctor as well. Surgery does put a Stress on your body and medical conditions that you already have. These should be followed up as well as the surgery.
2. Usual follow-up after surgery is about two weeks with your spine surgeon. Call the office during business hour to confirm the appointment At (626) 795-8051.

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Others

1. Avoid anti-inflammatories, unless instructed by your doctor. Tylenol is the safest.
2. Wean off narcotic pain medications as able to avoid headaches, upset and constipation. Avoid painful activities, when your body is fatigued. When tight and finally in pain...go lie down. Find comfortable positions, rest once or twice daily for an hour, flat, to allow body for recovery.
3. Call our office if something does not seem right or for any questions. If the Pain is increasing daily or if there is a neurologic change with weakness or numbness, the Doctor must be notified. If there are any questions, feel free to Use our websites for more information. (Office phone number (626) 795-8051).

Caregiver receiving instructions: _____

Nurse giving instructions: _____

Date: _____ Time: _____