



Ahmed A. Bazzi, D.O.

Pediatric Orthopedic Surgeon

0575 Woodward Ave., Suite 100

Royal Oak, MI 48073-0986

Phone: 248-280-8550

Fax: 248-280-8571

www.drbazzi.com

www.miorthosurgeons.com



SPINE DISCHARGE INSTRUCTIONS

We hope these instructions will address any questions or concerns you may have while recuperating at home. If you need to reach us please call **(248) 655-8501** during business hours or email Dr. Bazzi at email@drbazzi.com. For clinic appointments call **(833)MOS-DOCS**. If you need assistance after normal business hours or have urgent concerns, please request to page the pediatric orthopedist on call via the answering service. For more emergent matters, call 911 or head to your nearest ER.

Surgical Site: Please observe it, and take temperature 1-2 times per day for one week. Call if there is a temperature over 101.5 degrees more than once, or any increased redness or drainage. You may bathe or shower 5 days after surgery. Be aware that a hot shower may cause a “light-headed” episode while taking narcotics. Please be prepared with either a place to sit or someone to support your child during the first few showers. Protect the incision from sustained sun for six months.

Dressings: May be left off as long as incision is dry. “Steri-strips” or “Prineo” mesh should be allowed to come off by themselves.

Digestion: Bowel function may be slow because of pain medications and decreased mobility. Try raisins, prunes, fruit, and bran to help with this. For constipation use over-the-counter laxatives (senakot, miralax, dulcolax) once or twice daily and drink at least 5 glasses of fluids. If constipation persists a suppository or enema may be needed to facilitate a bowel movement. Walking and activity also aid in increased bowel function. Also, decreasing the dose of narcotic pain medication will decrease symptoms of constipation and nausea. Lack of interest in eating is common – expect this to return to normal when narcotics are stopped.

Activity: You may sit, stand and climb stairs if able. No lifting over 15 pounds for first three months or 20 pounds for next three months. **Bend** from hips and knees, not spine. Keep spine straight. May walk as much as desired. May swim 1-2 months after surgery (no diving). No other sports or physical education: jumping, twisting, or running for 12 weeks. No contact or high-impact activities until further notice.

School or Work: You may return when your strength and energy permit. This usually takes two to six weeks after surgery. Notify us before discharge if you need anything to arrange homebound education or if you need any notes written.

Medications: Iron (ferrous sulfate), dosing based on weight/age. 2-3 times per day for four weeks. You may hold off on taking iron if you are experiencing severe constipation. Multivitamins should be taken for 1 month. ***For pain:*** as notated on Hospital discharge instruction. It is never too early to start weaning from the pain medication.

Equipment: To be notated on discharge instructions if needed.

Post-op Visit: 7-10 days for a wound check only. Then in six weeks: You will need an x-ray, so notify us before discharge if your health insurance plan does not allow x-rays to be done.

Additional clinic locations for Dr. Bazzi:

West Bloomfield Clinic | 33200 West 14 Mile Rd | Suite 220 | West Bloomfield, MI 48322

Novi Clinic | 26750 Providence Parkway | Suite 220 | Novi, MI 48374