



Children's Hospital of Michigan

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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 **(313) 745-5227 and press option 3** between the hours of 8:30am and 4:30pm or email Dr. Bazzi at **abazzi4@dmc.org**. For clinic appointments call **(313) 745-5227 and press option 1**. If you need assistance after normal business hours or have urgent concerns and are unable to reach one of us, please call the hospital operator at **(313) 745-5437 and press option 5**. Ask the operator to page the pediatric orthopaedist on call.

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 one week 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" 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 one month 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 a home tutor 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. **AVOID** non-steroidal medications for three months (Advil, Aleve, Ibuprofen, Naprosyn, aspirin). **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 Four to 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 at Children's.

Additional clinic locations for Dr. Bazzi:

Canton Specialty Center | 45250 Cherry Hill Road | Canton, MI 48188

Dearborn DMC Sports Medicine Center | 23823 Ford Road | Dearborn, MI 48128