

## **GENERAL POST-OPERATIVE INSTRUCTIONS FOR BACK AND NECK SURGERY**

**Your Doctor's appointments and ALL of your pre-operative testing appointments will be made by Dr. Roger's staff for you, if you need to change any appointments that have been made for you, please contact the surgical scheduler (Claudia or Danielle)**

### **BEFORE SURGERY:**

- Nothing to eat, or drink after midnight the night before surgery
- **PLEASE PICK UP A BOTTLE OF HIBICLENS AND CLEANSE WITH IT THE MORNING OF SURGERY. THIS IS AVAILABLE AT ANY DRUG STORE.**
- Follow the instructions regarding all medications given to you by your providers at your medical clearances, this includes holding taking any medications as well as medication changes prior to surgery
- Take your medication the day of surgery with only a **SIP** of water
- If you take any type of **blood thinning medication** including but not limited to Aspirin, Ibuprofen, Aleve, Vitamins, Fish Oil stop taking 7 days prior to surgery . **IF YOUR NOT SURE WHAT IS OR IS NOT A BLOOD THINNING MEDICATION PLEASE CALL THE ORDERING MD OR YOUR PHARMACY.**
- No Nail polish

All jewelry, dentures, removable dental prosthetics removed before surgery and given to a family member

**\*\*Bring your brace to the hospital and leave it with a family member\*\***

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### **WOUND CARE:**

- Keep the incision clean and dry for **ONE WEEK** after surgery and **AVOID** applying creams or lotions
- ***Remove original dressing in 2 days and do not replace!! Call office for excessive post op drainage***
- Suture patients may not shower until after their suture removal appointment. If you are not sure if you have sutures please call our office

- If you do **NOT** have sutures After **7 days** you may shower, **NO BATH** - if you have steri strips they will start falling off after you start showering.
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### **SUTUTE REMOVAL:**

- 7-10 days after your procedure
  - If you have white steri strips across your incision or dissolvable sutures , **YOU DO NOT NEED TO COME IN**
  - BEFORE LEAVING THE HOSPITAL, PLEASE ASK IF YOU NEED SUTURE REMOVAL, IF SO CALL THE OFFICE FOR AN APPOINTMENT at **853-2225**
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### **ACTIVITY:**

- Lift nothing heavier than 5 lbs. AVOID bending twisting and pulling
- You may go and down stairs
- WALK - Within your endurance and limits of safety
- Get up and walk around numerous times a day to avoid blood clotting
- No driving until clear by the doctor
- Ted stockings can be removed post discharge as long as you are up and walking around

### **PLEASE CALL THE OFFICE:**

- If you are running out of medication, PLEASE CALL 7 DAYS AHEAD OF TIME - We do not call medication into the pharmacy
- **IMMEDIATELY** if the following occurs
  - If you wound opens, drain fluid, or becomes swollen
  - If your wound appears infected - pus-like drainage, tender, red ,swollen
  - If you have a fever above 101F

**IF YOU HAVE NOT RECEIVED A POST-OPERATIVE APPOINTMENT FOR 4-6 WEEKS AFTER SURGERY PLEASE CALL THE OFFICE TO SCHEDULE AN APPOINTMENT**

**LUMBAR SURGERY - Wear your brace for 3 months anytime your feet touch the ground.**

**CERVICAL SURGERY - Wear your brace all the time EVEN when sleeping for 6 weeks if you do not smoke 8 weeks if you smoke. Soft shower collar is ONLY for showering**