

Center for Spinal Disorders

www.AZSpineSurgery.com

Orthopaedic Surgery of the Spine
Spinal and Orthopaedic Rehabilitation

Hospital Discharge Instructions

- No bending, lifting or overhead activities. Avoid twisting in the area of your surgery
- **Do not use tobacco products.** Nicotine increases the chances of wound infection, non-union and other complications. Nicotine is contained in all tobacco products (cigars, chewing tobacco and cigarettes, nicotine patches and gum).
- If you have had a spinal fusion, do not take **Anti-Inflammatory Medications (NSAID's)** until cleared to do by your surgeon. This class of medications includes Naprosyn, Aleve, Ibuprofen, Vioxx, Celebrex, Indocin, Bextra, Feldene, Aspirin and others.
- **Rehabilitation Program: Go for daily walks;** walks outside if possible. Walking exercises all of the muscles in your spine, and is the best rehab program for the first six weeks after your surgery. In most cases, Physical Therapy will be prescribed after 6 weeks if needed.
- Unless otherwise instructed, you should **remove your dressing** on the second or third day after surgery. **You may shower after the third day.** You should use a shower chair until your balance has returned to normal. **Do not soak in a bath or get into a pool until after your 6-week follow-up visit.**
- **If you were prescribed a brace or collar, please wear it as instructed.** Unless you have been given other instructions, you usually do not have to sleep or shower in your brace, and can get up to use the bathroom without the brace. You may remove your cervical collar for meals. You should wear the brace at all other times unless otherwise instructed.
- Constipation is a side effect of narcotic pain medication and iron supplements. You should use an over-the-counter stool softener like Colace or Senokot to avoid this problem. If you do become constipated, you should try Milk of Magnesia or an enema. Please notify our office if this problem becomes severe.
- You should be seen for a wound check by your surgeon 7 to 10 days after your surgery. If you do not have an appointment scheduled, **please call 602-253-7000 as soon as possible and request a POST-OP VISIT.**
- The doctor on call may not be familiar with your case and will not authorize refills on narcotic pain medication. **Please make sure you have enough pain medication, and call to request refills at least 5 days in advance.** Because we operate at multiple hospitals, you may not receive medication refills before you run out if you wait until the last few pills before requesting more. Also, some medications (such as Oxycontin and Percocet) can only be filled by written prescription and **you must physically pick-up that prescription from our office.** We are not able to mail narcotic prescriptions. If you are taking other medications besides those prescribed by our office, you should discuss possible drug interactions with your surgeon and your pharmacist.
- Call immediately if you have a fever over 101.0, increasing redness or drainage around your incision, increasing pain, weakness, or numbness, or severe persistent nausea or vomiting. If you are very concerned about a problem please go to the emergency room. Our surgeons work at Banner Good Samaritan Hospital, Scottsdale Healthcare Shea and John C. Lincoln-Deer Valley. If you wish to be seen by your surgeon if admitted to the emergency room please proceed to one of these hospitals or go to the nearest emergency room for a serious emergency.
- Please call **(602)-253-7000** if you have any other questions. You can also email the office for routine questions at info@csd.md