

PATIENT DISCHARGE INSTRUCTIONS

Medications: Prescription medications will be provided to you upon discharge and should be taken as prescribed. **Please give 5-7 days' notice for prescription refills.** Avoid taking NSAIDs including Motrin, Advil, Ibuprofen, Celebrex, Meloxicam, Mobic, Aleve, Naprosyn, Naproxen, Excedrin, Aspirin, etc.

SEE KENMORE MERCY PAPERWORK FOR FULL LIST OF MEDICATION INSTRUCTIONS

Wound Care:

- Keep wound clean and dry. No lotions, creams or ointments are to be used on wound.
- You may shower 5 days after surgery and wash wound uncovered with soap and water.
- Do not submerge in water (bath, hot tub, swimming pool, ETC).
- **For patients who have had neck surgery** and have a wound in the front of their neck, you may leave uncovered after 2 days. Do not remove Steri-strips, they will fall off on their own. If you also have a wound on the back of your neck, change the bandage once daily or as needed with a loose dressing so air can get to it.
- **For patients who have had low back surgery** and have a wound either on their belly, side and/or back, change the bandage once daily or as needed. Apply a loose dressing so air can get to it.

Activity:

- Avoid lifting anything heavier than a gallon of milk (approx. 10 pounds).
- No repetitive bending, lifting, pushing, pulling, reaching, twisting, climbing, stooping, kneeling.
- No driving. You may ride in a car with collar/brace on. No yard work or household chores.
- **For neck surgery**, wear collar at all times except: may remove when you eat, sleep and rest in a chair.
- **For back surgery**, wear brace at all times except: when in bed/sleeping.
- Light walking every day is encouraged. May use stairs.

Call if You:

- Experience any redness, swelling or drainage from wound or temperature over 102°F.
- Experience any change in pain or develop new pain or weakness.
- Experience any chest pain, shortness of breath, swelling in your legs, problems with bowel or bladder function.
- Have any general questions or concerns.

Diet:

- Resume your normal diet.
- Try to eat plenty of proteins/fruits/vegetables to promote healing.
- Stay hydrated.
- To help with constipation you may use over the counter stool softeners, fiber supplements such as Metamucil, as well as suppositories and enemas. Also available are Milk of Magnesia and Mag Citrate. Follow the instructions on the packaging. If it persists, reduce the intake of pain medications and call us and PCP.

Follow Up:

- In Office within 2-3 weeks.
- With Primary Care Physician and, if applicable, Pain Management Physician within 1-2 months.