



Discharge Instructions

1. Activity
 - Do not drive, operate hazardous machinery for the next 24 hours or while taking narcotic pain medicine.
 - You must have a responsible adult with you for 24 hours after anesthesia for your comfort and safety
 - Avoid heavy lifting (no lifting over 8 lbs, see attachment)
 - Keep your posture straight and avoid any motion of bending, twisting, reaching, or pulling.
2. Diet
 - Increase as tolerated; light today, normal diet tomorrow; avoid hot, spicy, greasy food at first.
 - No alcohol for the next 24 hours or while taking pain medicine.
3. Medication
 - Resume all medications. You may take over the counter medications for relief of discomfort. (Avoid NSAIDs such as Aspirin, Ibuprofen, and Naproxen)
 - Prescription given to patient/escort: _____ . Take as prescribed.
 - Pain medications may cause constipation. Increase your water and fiber intake and a stool softener is also helpful (Milk of Magnesia, Senna, Colace)
4. Wound Care
 - Please attempt to keep dressing dry while showering, do not bath in tub or soak wound.
 - You may remove dressing in 1 day. Thereafter, you may wash the wound lightly with soap and water in the shower (No soaking of the wound).
 - If Staples, they will likely be taken out around 2 weeks post op.
 - You may note some drainage on the gauze, this is normal. If there is heave bleeding (very rare), apply firm pressure and call your doctor's office.
 - If there is pus draining from the wound please call doctor's office.
5. Special Instructions
 - Apply ice for swelling
 - You may experience new numbness and/or pain in the extremities or back, this is normal and temporary.
6. Follow-Up Care
 - 1 week for wound check
 - Staples around 2 weeks with
 - 1 month follow up with Tristate Brain and Spine Institute. Call (320)763-8888 to make appointment.

General Postoperative Guidelines:

- ❖ Walk around several times daily. Walking helps to decrease your chance of developing a blood clot. If unable to walk due to surgeon's instructions, try to flex the muscles in your legs and refer to your doctor for further instructions.
- ❖ Deep breathing is helpful to decrease the chance of developing pneumonia. Please practice taking deep breaths frequently as you find yourself recovering from surgery.
- ❖ Contact your surgeon immediately if you develop:
 - A fever greater than 101° F
 - Persistent nausea or vomiting
 - Excessive pain not controlled by prescribed medications
 - Unexpected bleeding or wound drainage (pus)
 - Extreme redness or swelling to the operative site
- ❖ If you need to reach your surgeon, call then at their office (763) 432-7655.
- ❖ Dial 911 in the event of an emergency

My postoperative instructions have been explained to me (and my escort) & I have received a written copy of these instructions.

Patient/ Responsible Party

Physician

Registered Nurse