



Post Operative Instructions

The following instructions include information you may find helpful after your procedure:

Wound Care: Please keep your incision clean and dry. You may shower on post operative day #3, cleansing gently with soap and water, drying off incision completely. Do not use topical alcohol, hydrogen peroxide, or betadine.

Sutures: You may have sutures or staples that may need to be removed in the office at your 2 week follow up visit. Please make sure you call the office to set up your 2 week follow up appointment.

Drain site (if applicable): If your surgery required a drain site, it is possible that it will drain for a day or two. This is expected and should simply be covered with a small bandage (2x2s or 4x4 gauze, etc.).

Allograft/Autograft Bone (if applicable): Your procedure may require the use of allograft bone (cadaver bone obtained from a tissue bank) and/or autograft bone (patient's own bone) in spinal fusion procedures.

Activity/ Restrictions: Restrictions (lifting, driving, activities, wound care, etc.) following your procedure will be provided upon discharge from the hospital. Releasing of any restrictions will be discussed at your 2 week follow up appointment. Be aware that pain medication can make you drowsy. You will not be allowed to drive until released. We encourage ambulation (walking) and normal activities of daily living as soon as possible. Any bracing will be discussed on an individual basis.

Pain Medication: You will be given prescriptions for pain medication upon leaving the hospital. We attempt to ensure you have enough medication to get you through to your post-operative appointment. Pain medication can make you drowsy. Do not drive while taking pain medications. **Our providers will manage your pain medications after surgery for up to 90 days and will begin weaning you from these medications prior to 90 days. If unable to wean, you will be referred to your primary care physician and/or a pain specialist for management.** Call the office with any questions regarding your medications.

Follow up appointments: We ask that you call the office upon leaving the hospital and schedule a post-operative appointment with one of the Physician Assistants for approximately 2 weeks after the day of your surgery. You will return in approximately six weeks (if applicable) for a visit with either Dr. Rinella, Dr. Siemionow or Dr. Baluch. *After fusion procedures*, we typically obtain x-rays prior to discharge from hospital, 3 months and 6 months.

*If you experience pain that is not controlled by prescribed medication, progressive weakness in your arms or legs, fevers (temp >102° F.), or excessive drainage from your incision, please call the office.