

Discharge Instructions Sanjay Jatana, M.D.

FOLLOW-UP APPOINTMENT

You will see Dr. Jatana 7-14 days after your surgery. Toreen has already made this appointment for you. If you have questions about this appointment, please call 303-697-7463.

ACTIVITY AT HOME

Gradually increase time spent out of bed daily. You will require several rest periods during the first two weeks after discharge. As your endurance increases, you will require fewer rest periods. Develop a walking program which should gradually increase in distance. You may climb stairs, however, have someone with you at first until you feel confident with this activity.

RESTRICTIONS

You are restricted from lifting more than eight to ten pounds. (a gallon of milk is approximately eight pounds). No bending, twisting, or stooping motion of the spine. Do not participate in any sports or strenuous recreational activities until you receive specific instructions from your doctor. During waking hours, it's best to move every 50 minutes if you are sitting.

BRACE

- **Neck Brace:** Wear your brace 24 hours a day (except for showering). You may loosen it to eat and drink.
- **Lumbar Brace:** Wear your brace when out of bed for longer than 10-20 minutes. Your lumbar brace is to help limit your bending, lifting and twisting, and to keep you feeling supported in your lumbar spine after surgery.

PERSONAL HYGIENE

You may take a shower out of your brace but do not move excessively. Do not use lotion or powder on your skin under the brace/or neck collar. Use a chair in the shower stall may be helpful so that you can sit during your shower. This will allow you to have your hands free to wash without fear of falling.

MEDICATIONS

You will likely be given the following types of medications; please follow the directions on the bottle:

- Steroid, tapering dose
- Pain Medication
- Muscle Relaxer

Additional medications:

A stool softener is recommended to help with constipation.

- Start with **Miralax** three times per day, diluted in water or juice
- Colace, Pericolace, Metamucil or Senakot-S are other available over the counter options if Miralax alone is not enough

DO NOT TAKE NSAIDS (ibuprofen, aleve, motrin, meloxicam, diclofenac, celebrex, etodolac, etc) until 6 weeks post operatively if you have had a fusion. PLEASE ASK Dr. Jatana or Heather, PA if you have any questions or need further clarification.

NUTRITION

Resume your regular diet. A Mediterranean type of diet is recommended. You may resume taking a multivitamin.

INCISIONAL CARE

- Your incision should remain clean and dry. You DO NOT need to cover the dressing during showers. Your dressing will get wet and that is okay.
- After your shower remove the wet dressing, dry the area gently and then apply a clean gauze dressing.
- You should keep the inner dressing (thin strips of tape) dry until further notice.
- You may change the outer dressing as needed with gauze pads and tape.
- Do not use lotions, powders, ointments, or oils anywhere near the incision until further notice.
- Watch your incision(s) for signs of infection. (i.e. redness, swelling, or drainage).
- If you notice any of the signs of infection, please call the office to inform your doctor.

OTHER INSTRUCTIONS

- If you develop a fever greater than 101 degrees F, notify Dr. Jatana.
- If you are experiencing any unusual symptoms, weakness, extreme pain, nausea or vomiting, unable to swallow, difficulty breathing, swelling in the throat, unable to void or go to the bathroom, notify Dr. Jatana.
- If you need to seek emergent care, consider going to the Emergency Room at the hospital where your surgery was performed. If this is not convenient or if your medical situation is too emergent, please go to the nearest Emergency Room.
- **If you have any questions, once you return home, please call the office Monday through Thursday from 9:00 a.m. to 5:00p.m. and Friday 9:00 am to 4:00 pm at 303-697-7463 or 911 (emergency). Please do not wait until the end of the day to call if at all possible.**