

## **POST-OPERATIVE INSTRUCTIONS**

These are general guidelines for you to follow after surgery and are the most frequently asked questions. Should you have any questions not addressed below, please feel free to contact our office at (540) 725-9771.

Prescription and refill requests are handled by calling the office Monday-Friday between 9:00 a.m. to 4:00 p.m.

### **Fusion surgery**

- Avoid aspirin or aspirin-like products and non-steroidal anti-inflammatory medications for at least six months following surgery (refer to the enclosed list of medications).
- You may shower following your surgery but do not soak in a tub. Skin clips were used to close your incision – be sure to keep them clean and dry. No additional dressing is needed.
- Constipation may be a side effect. Increasing fiber intake and drinking plenty of fluids should alleviate symptoms. If not, over-the-counter laxatives or stool softeners can be taken.
- It is not uncommon to experience night sweats and a slightly elevated temperature (up to 101.9 degrees) for a period of time.
- Mild intermittent pain and some numbness and tingling are not uncommon. Activity restriction, ice, and rest can help alleviate these symptoms which should resolve over time.
- Be sure to take a multi-vitamin each day along with 1200 mg of calcium citrate.
- Activity level is to tolerance – avoid bending, twisting, or lifting more than 5-20 lbs (refer to physical therapy sheet).
- Walking is important and encouraged.
- Driving is allowed within 1-2 weeks of surgery when comfortable and able.
- Sexual activity is allowed.
- You may receive a brace which is to be worn for comfort only unless instructed otherwise.