



EAST BAY BRAIN & SPINE MEDICAL GROUP

POST-OP: INSTRUCTIONS

This is a list of items to consider postoperatively. It is meant to support your medical care after discharge.

- Following anesthesia, you are considered under the influence of drugs for 24 hours.
- DO NOT drive, operate machinery, drink alcohol or make any important decisions during this time.
- Drink plenty of fluids and progress slowly to your regular diet.
- Take all pain medication with some food to prevent upset stomach.
- Rest at home under supervision of an adult, limiting your activity to what is comfortable for 24 hours.
- Remove dressing and wash incision daily beginning postop day 2.
- Do not submerge the incision in water.
- Do not apply creams, emollients, or lotions to incision.
- Sutures/staples will be removed postoperative day 14 unless they are absorbable.
- Call office if have fever greater than 101.5°F or if incision become increasingly tender and red or if there is significant drainage.
- Please call the office to set up appointment about 14 days from the time of surgery.
- We encourage you to slowly increase your activity but not to lift heavy items.
- Take stool softeners (e.g. Senna and/or Colace) while taking narcotics.