



# The Spine Care Center & Spine Care Associates

## Restoring Function. Relieving Pain.

www.spinecareva.com  
8525 Rolling Rd Suite 200  
Manassas, VA 20110  
Tel: 703-257-2266  
Fax: 703-257-2269

## Post-Surgery Recovery Instructions

Below you will find guidelines that should be followed to help promote a safe and healthy recovery. Please follow up with your physician approximately two weeks after your surgery.

### **IMPORTANT THINGS TO MAKE SURE YOU DO:**

- Stop taking any blood thinners two weeks prior to your surgery. These include Ibuprofen, Aspirin, Coumadin, Plavix, etc.
- Be sure to change your wound dressings daily, and keep the area dry.
- Clean the incision with soap and water.
- Stay hydrated by drinking plenty of fluids.
- Eat a healthy high protein diet.
- Do very light walking and breathing exercises.

### **IMPORTANT THINGS TO MAKE SURE YOU DON'T DO:**

- No showers for at least two days.
- Do not remove any staples from the incision.
- Do not lift more than five pounds.
- No bending or twisting of your spine.
- Do not use any skin lotions on or around the area of the incision.

### **CALL YOUR DOCTOR IF YOU HAVE:**

- Fever greater than 101dF (38dC)
- Drainage from the incision.
- Opening of the incision.
- Redness or warmth around the incision.
- Nausea or Vomiting.