



The Spine Care Center & Spine Care Associates

Restoring Function. Relieving Pain.

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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.