
Discharge Instructions

Thoracic, Lumbar, and Sacral Spine Surgery

Activities

1. **Automobiles:** Please limit the amount of time you spend in the automobile until your next doctor visit. You cannot drive until after your post op visit.
2. **Motion:** NO bending or twisting, NO lifting, pushing or pulling anything over 8 pounds or a gallon of milk.
3. **Walking:** Walk on paved surfaces only. It is alright to walk up and down stairs holding onto side rails. You are encouraged to walk 5 to 6 times a day increasing the distance slowly everyday up to 3 miles a day by the end of 6 weeks. You will recover faster and regain your strength sooner if you keep active around the house and use the techniques taught to you by the hospital technician.
4. **Sitting:** Spend a minimal amount of time sitting for the first week. Sit on firm chairs with good back support. Avoid easy chairs and overstuffed sofas.
5. **Sexual Activity:** No sexual activity for 3 weeks.
6. **Return to work issues:** Will be discussed at post op visit.

Wound Care

It is important to take very good care of the incision site to prevent infection. Starting 48 hours after your surgery, change your dressing daily, re-applying sterile dressings to the incision site. Clean the site and surrounding area with soap and water. If your dressing is saturated, you may change it before 48 hours. Do not soak in a bath or a pool. After 2 days, you may shower, carefully drying the incision before re-applying another dressing. Call the office for any signs of infection including drainage from your incision site, a temperature of 101.5 for 12 hours, redness, swelling or pus at the suture line.

Medications

Prescriptions for appropriate pain medications will be given upon discharge. Take it as directed. Do not take more than what was ordered by the doctor. You should expect to have some discomfort that will not be relieved by the medication. If your pain is not tolerable with the medication dosage as directed, contact the doctor. Take your antibiotic as directed. Over the counter laxatives may be taken as needed. If you develop fever, you may take Tylenol according to package directions. Remember to call the office number to report temperature over 101.5 lasting more than 12 hours.

Diet

Eat a regular diet as tolerated. Drink plenty of fluids, at least 8 glasses daily. Take a multivitamin daily. Constipation is a common post op problem, especially when taking narcotic pain medications. You may use an over the counter stool softener and/or laxative daily. Drinking a sufficient amount of fluids will also help with constipation.

Follow-up

Call the office to make your post op appointment for 10-14 days after your surgery unless you were instructed to make your appointment sooner.

Metairie

3901 Houma Boulevard Plaza 1- Suite 113
Metairie, Louisiana 70006
Phone: 504-300-9019
Fax: 504-274-1331

Uptown

2801 Napoleon Avenue - 2nd Floor
New Orleans, Louisiana 70115
Phone: 504-300-9019
Fax: 504-274-1331

Westbank

1849 Barataria Boulevard - Suite C
Marrero, Louisiana 70072
Phone: 504-392-7123
Fax: 504-392-7823