



8290 University Ave NE, Suite 100
 Fridley, MN 55432
 Office Hours 6:30 AM to 4:30 PM Monday-Friday



Office Hours 8 AM to 5 PM Monday-Friday
 Phone 763-786-9543 Normal and After Hours

Back Surgery Patient Instructions

Follow up:

- 1) Please schedule a follow-up appointment with your Surgeon's office in _____ days.
Twin Cities Orthopedics 763-786-9543

Appointment:

Date	Time	Office Location

- 2) A Surgery Center RN will call you the following business day to answer any questions that you may have. Patients having surgery on Friday will be called on Monday.

Activities:

- 3) Do not lift items greater than 5 pounds. This restriction is effective for 6 weeks.
- 4) Please do not remain in a sitting position for longer than 30 minute intervals. Minimize bending and twisting motions with your waist. Bend at the knees to pick up light objects.
- 5) Apply an ice pack as often as possible during the first 48 hours. This will help reduce pain and swelling. Place a washcloth barrier between the ice pack and your skin.
- 6) Do not drive until approved by your Surgeon.
 Do not drive for at least 24 hours if you are taking narcotic pain medications. They will make you drowsy and impair your ability to drive.
- 7) Work restrictions will depend on your surgical procedure and type of employment. If you have not already discussed this with your Surgeon, please discuss this during your first post-operative office visit. Please call their office directly if questions arise before that appointment.
- 8) It may be helpful to sleep on your side with a pillow between your knees.

Diet:

- 9) Begin with clear liquids and a bland diet. Progress to your normal diet in 24 hours. Anesthesia and narcotic pain medications may slow down your digestive system. An over the counter stool softener or mild laxative may be beneficial to prevent constipation and cramping. Ask a Pharmacist for assistance in selecting this.

Medications:

- 10) Take the pain medication as prescribed. Take at the first onset of moderate pain. Oral pain medications take 30-45 minutes to start working.
 Take your medications with food. Do not drink alcohol, drive a vehicle, use power tools, or make important legal decisions while taking narcotic pain medications.

- 11) Do not take additional Tylenol (Acetaminophen) with narcotic/acetaminophen combination pain medications. The contents are listed on the medication bottle.
- 12) Watch for signs of allergic reaction (hives, rash, itching, shortness of breath). If signs occur, discontinue medication and contact your Surgeon to request a new medication.
- 13) You may take an anti-inflammatory medication (Advil, Ibuprofen, Aleve, Naproxen or Celebrex) in combination with the narcotic pain medication.

Your Medications: (Refer to medication instructions on Prescription label)

PAIN MEDICATION: _____ GIVEN: _____ NEXT DUE: _____

ANTI-INFLAMMATORY: _____ GIVEN: _____ NEXT DUE: _____

OTHER: _____ GIVEN: _____ NEXT DUE: _____

Bandage Care:

- 14) Some bleeding and drainage into the bandage is normal. However, if the drainage is bright red and larger than 2 inches, call your Surgeon's office.
- 15) Showering- Do not shower for 3 days. Your incision must be kept clean and dry to prevent infection and improve healing.
- 16) Remove and discard the gauze bandages after 3 days.
- 17) Do not remove the Steri-strips (white tapes). They will naturally peel and fall off in approximately 7-10 days.
- 18) Once you have removed your bandages, cover incision with clean band-aids or gauze and medical paper tape. Place a new band-aid after showering. Continue for 10 days.
Waterproof Bandages may only be worn while showering!

Physical Therapy:

This will be addressed by your Surgeon if required.

Home Exercises:

Your recovery room Registered Nurse will provide instructions and additional handouts if applicable.

Call your Surgeon's office if you experience:

- Temperature greater than 101 degrees or signs of infection.
- Continuous draining or excessive bleeding on bandages.
- Persistent nausea/vomiting.
- Severe pain despite taking medications and following activity restrictions.
- Numbness, increased pressure, or radiating pain in your legs.

If you are having difficulty breathing or chest pains-call 911 immediately.