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Surgery Discharge Instructions

With your recent surgery it is not unusual to experience some pain or discomfort in the area of previous pain or the incision. Accordingly, you have been given pain medication for your comfort until the healing process is further along. As time progresses, you should notice the frequency and the intensity of your discomfort steadily decrease. Here are some simple post operative instructions to help during your home convalescence.

1. Please call 757-625-4455 ext. 3406 to schedule your post-op appointment, when you are discharged from the hospital, in 2-4 weeks with Dr. David Waters, 2 weeks for suture removals or 4 weeks if no sutures.
2. Call the office if you have any of the following: Fever, Chills, discharge, drainage, redness or swelling around your surgical incision or any new numbness, tingling, weakness or any questions or concerns.
3. Use your pain medicine as directed. Refills should be requested during regular business hours, not on weekends. Allow at least 24 hours for the office staff to refill your prescriptions. Narcotics must last 7 days before being refilled.
4. Continue your regular medicines as indicated or as discussed at the time of your discharge.
5. No driving or riding in a car for (4) four weeks. You may, however ride as a passenger in a car for doctor's appointments or in an emergency.
6. No bending, lifting, twisting, turning or strenuous activities.
7. Your weight limit is: 1 pound maximum.
8. No tub baths, pools or hot tubs. You may shower 7-10days after your surgery; gently towel-dry the area in and around your incision. If you have steri-strips (butterflies) they will fall off naturally. Do not apply ointments or bandages, keep your incision dry and open to air.
9. The Physicians Practice recommends getting a sturdy shower chair for use in the shower so that you can sit during your shower.
10. Avoid exercises except walking 3-4 minutes at a time 3-4 times per day. During the first week after surgery, begin sitting for short periods of time 10-15 minutes three times per day. Gradually build up to longer periods of time.
11. If you have a lumbar brace please wear your brace at all times when up. You may, however, go to the bathroom in the middle of the night without your brace, provided you are returning to bed.
12. If your surgeon has instructed you to use your brace differently, then follow those instructions.
13. You may resume sexual relations as comfort level allows.
14. Cervical spine surgery patients, you must wear your collar at all times except when showering.
15. If you have had a fusion, DO NOT take any NSAIDS, ASA or Arthritis medications for 8 weeks after surgery. These medicines include: ibuprofen, Motrin, Naprosyn, Aleve, Ketoralac, Toradol, Aspirin, Excedrin, BC or Goody powders or the like, or products that contain any of these items.

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