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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. Use your pain medication as directed. Refills should be requested during regular office hours and not on weekends.
2. Continue any regular medicine for other conditions (e.g. blood pressure, diabetes, heart problems, etc.).
3. No driving a car for four (4) weeks except for emergencies or doctor's appointments.
4. No bending, lifting or strenuous activities. If you need to get to the floor, squat instead of bend.
5. No tub baths, showers are fine; but make sure to towel dry the incision. We recommend that you get a chair of some type to put in the shower so that you can sit during your shower.
6. Avoid exercises except for walking. Begin with frequent, but short, periods of walking and gradually build up to longer periods of time.
7. Sit for short periods of time (10-15 minutes) in the first week after surgery.
8. You may resume sexual relations as comfort level allows.
9. For cervical spine surgery, wear the cervical collar at all times except when showering.
10. If a lumbar brace has been prescribed wear it at all times when up.
11. Notify us if you develop fever, painful redness around the incision or drainage from the wound.
12. Call and schedule you follow-up appointment with your doctor @ (757) 625-4455.

If you have any other questions, please contact our office at (757) 625-4455.

Thank you!