

## POST-OPERATIVE CONSTIPATION

- It is not unusual to have constipation due to medications.
- You may use a stool softener/laxative as needed.
- Drink plenty of water and add fiber to your diet.
- You may also try 1 dose Milk of Magnesia, 1 small can Prune Juice. Heat juice in microwaveable cup. Add Milk of Magnesia. Drink. Results within 2-3 hours.
- If you do not have a bowel movement by post-operative day 7, call our office.

## WEARING YOUR BRACE

- You will be given an elastic **Abdominal Binder/Lumbar Support** and a larger **TLSO brace**.
- The Abdominal Binder/Lumbar Support brace must be worn while you are participating in sedentary activities (i.e. lying in bed, sitting in a reclined chair).
- **TLSO brace MUST** be worn when participating in **ANY OTHER ACTIVITY**: The brace must be on at ALL TIMES when out of bed. It should be put on BEFORE getting out of bed and taken off AFTER lying down.
  - This may require some assistance. You may sit up on the side of the bed to apply or remove the brace.
  - You may stand in the shower and remove the brace for bathing and then reapply it after drying off.
  - Remain standing straight while in the shower, No Bending.
- You **WILL NOT** need to wear both braces simultaneously.

## SCHEDULING YOUR FOLLOW-UP APPOINTMENT

If you were unable to schedule your follow-up appointment before your surgery, you can do this after you are discharged from the hospital. You should follow-up 2-3 weeks after your surgery. For Team McBride call (407)254-4053 and for Team Weber call (407) 254-4057 to schedule.

## WHEN TO CALL THE DOCTOR

If you have any of the following symptoms, call us right away.

- Increased leg weakness or numbness
- Loss of control of bowel or bladder
- Fever greater than 100.5
- Pain not controlled with your prescribed pain medication
- Worsening redness or continuous drainage from surgical incision site
- Weakness or swelling in your legs or your calf muscle is tender
- Shortness of breath
- Increase difficulty swallowing

 **CALL US**  
IF YOU HAVE ANY QUESTIONS  
**TEAM MCBRIDE: (407) 254-4053**  
**TEAM WEBER: (407) 254-4057**



G. Grady McBride, M.D.



Mark Whitehead, PA-C

**TEAM MCBRIDE: (407) 254-4053**



Steven E. Weber, D.O.

**TEAM WEBER: (407) 254-4057**



Specializing in Minimally Invasive Surgery

25 W. Crystal Lake St. #200  
Orlando, FL 32806  
SpineSurgeryOrlando.com

# DISCHARGE INSTRUCTIONS AFTER YOUR SPINAL FUSION SURGERY



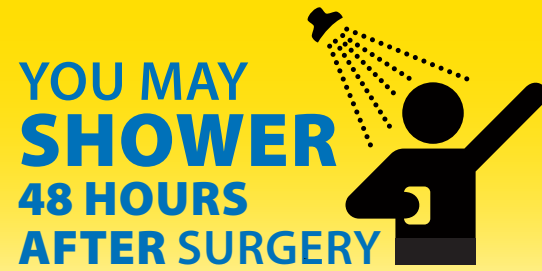
**TEAM MCBRIDE: (407) 254-4053**  
**TEAM WEBER: (407) 254-4057**  
**SpineSurgeryOrlando.com**

### ACTIVITY

- Try walking 2-3 times per day while in the house, during your first 48 hours after surgery. Then advance your activities, begin walking outside, but do not push yourself to the point of fatigue.
- Do not stay in bed most of the day. Try to be more active each day until you are able to resume normal activity. Inactivity can lead to blood clots which can become dangerous.
- Do not cross your legs when reclining or lying down as this may also cause blood clots.
- **DO NOT** sit up straight in a chair for more than 20-30 minutes, as this will place an excess amount of pressure on your back. **NO** sexual activity for 3 weeks. **No** lifting over 5 pounds. **NO** bending or stooping.
- You were given some breathing exercises while in the hospital. You should continue these to help rid your body of anesthesia and to prevent post-operative pneumonia.
- You may walk outside up to one half block during the second week, but do not push yourself to the point of fatigue.



**NO BENDING  
OR STOOPING**



### SHOWERING

- You may shower 48 hours after surgery.
- Keep the incision and dressing clean and dry. Incisions need to be covered while showering during the first week. You can cover it with plastic wrap.
- Stand straight up and **DO NOT** bend over.
- Do not take a bath, swim or sit in a hot tub until approved by your physician.



**AVOID  
RIDING  
IN A CAR  
FOR 2 WEEKS**

### RIDING IN A CAR

- Avoid riding in a car for the first 2 weeks, unless you need to come to our office.
- When riding in a car, have the seat reclined back or lie down flat.

### WOUND CARE

#### DR. MCBRIDE'S PATIENTS

- Your dressings may be changed if it becomes soiled or wet.
- Remember to wash your hands thoroughly before & after changing your dressing.
- Included are instructions for *Mepilex* and *Zip-line* dressings.
- Your Zip-line dressing has been applied to your skin, this will remain on your incision until your first post-operative evaluation.
- Over the Zip-line is the Mepilex dressing. It will be changed daily while you are in the hospital & at home by a home health nurse.
- Keep the incision site clean and dry.
- Clean the incision site daily with hydrogen peroxide.
- Some swelling may occur around the site, and this is normal. This can occur for several weeks.
- **DO NOT** place 4x4 gauze over the Zip-line dressing, as this may result in snagging the Zip-line and removing it inadvertently.

#### DR. WEBER'S PATIENTS

- Change your dressing daily or more often if needed.
- Leave the steri-strips in place, they will fall off on their own.
- Use dry sterile 4x4 gauze secured with minimal tape.



### MANAGING PAIN CONTROL

- Pain is normal after surgery and may take several weeks to improve.
- Take medications as prescribed.
- Allow 24 hrs for refill requests.
- You will be given prescriptions for post-operative pain control, prior to being discharged.
- Most post-operative pain meds are written prescriptions & have to be picked up. Be sure to have someone designated on your HIPPA form at our office to pick up written prescriptions.
- If you had pain and numbness prior to your surgery, you may have these afterwards as well; especially if you had any delicate surgery around the nerve itself. This will gradually improve as you heal!

#### If you are still in pain after taking your prescribed medication:

- Try lying down and applying an ice pack beside your incision. Ice helps control inflammation, muscle spasm, and pain.
- Relaxation breathing may also help. Slow deep breaths can help muscles relax and also helps bring in much needed oxygen to sore tissues.