

Mulholland

BRAIN



SPINE

Post Thoracic/Lumbar Spine Surgery

These instructions are provided as a guide to help aid you in your recovery. Please follow these and any additional instructions provided to you by Dr. Mulholland or Kylie Smith, PA-C.

Restrictions for the first 2 weeks or until follow-up:

- Do not sit for more than 20 – 30 minutes at a time.
- Do not drive yourself for the first 2 weeks following surgery.
- Do not lift, push or pull anything heavier than 5 pounds.
- Avoid all strenuous activity.
- Avoid bending, twisting, and stooping.

What you should do:

- Please refer to the Medical Memory post-op spine video that you were sent prior to surgery for instructions.
- You should take ~6 short walks per day for the first 2 weeks. Gradually increase your walking as tolerated.
- Make an appointment with Dr. Mulholland as instructed at the time of discharge. This is usually 2 weeks after surgery.
- If you were instructed to wear a brace, wear it at all times - except when sleeping or showering. You must wear your brace while driving or as a passenger. Continue to wear brace until otherwise instructed by Dr. Mulholland or Kylie.
- Use your medications as prescribed.
- Maintain your regular diet.
- If you experience constipation due to prescribed pain medication, you should try an over-the-counter medication such as MiraLAX. If you continue to have difficulties with constipation, call the office.



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What you should not do:

- Do not drive or consume alcoholic beverages while taking pain medication
- Incision care:
 - You may shower 24 hours after surgery.
 - It is ok for soap and water to fall on the incision, but do not scrub the incision.
 - You do not need to wear a bandage if you were not sent home with a bandage. Keep the incision dry.
 - If you were sent home with a bandage that is gray, the bandage can come off 7 days after surgery. It is okay for the gray bandage to get wet.
 - Do not use creams or ointment on or around the incision.

When to call your physician:

- If you experience redness, swelling or drainage at the site of the incision.
- If you experience pain and/or swelling in your lower extremities or calf area.
- If you have a fever (greater than 100.4 oF) or chills that persists for more than 24 hours.
- If pain is not controlled with analgesic medication.

If you have any questions or concerns prior to your follow-up appointment, please call the office and speak with Heather or Kylie Smith, PA-C.

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