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General Post-Operative Instructions for Spine Surgery

Rest and Recovery:

- Avoid strenuous activities and heavy lifting for a specified period.
- Gradually increase activity levels as tolerated.
- Avoid activities that cause significant pain.
- Refrain from critical decision-making or operating heavy machinery for a specified time after anesthesia.

Wound Care:

- Follow specific instructions for cleaning and caring for the surgical incision.
- Avoid soaking the wound in water for a specified period.
- Be aware of how and when to remove any wound coverings.

Medications:

- Take prescribed pain medication as directed to manage pain.
- Be aware of potential side effects of medications, such as drowsiness or constipation.
- Follow instructions regarding the use of specific medications, such as avoiding certain pain relievers.
- Follow instructions for how to refill prescriptions, and when refills are available.

Follow-Up and Communication:

- Attend scheduled post-operative appointments.
- Contact your doctor immediately if you experience any signs of infection, increased pain, or other concerning symptoms.
- Know how to contact emergency services if needed.

Lifestyle Modifications:

- Avoid tobacco products for a specified amount of time.
- Be aware of driving restrictions, especially when taking narcotic pain medications.
- Be aware of any restrictions on flying.

Personal Responsibility:

- Ensure you understand all post-operative instructions.
- Seek clarification from your medical team if you have any questions.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.