

## Minor Procedure Discharge Instructions

**Follow-up:** If you were not already given an appointment for follow-up, call to schedule an appointment with your surgeon in \_\_\_\_\_ days or \_\_\_\_\_ weeks.

- ⊖ You have sutures or staples that need to be removed.
- ⊖ Your sutures are absorbable and do not need to be removed.
- ⊖ Please remove Steri-Strips in \_\_\_\_\_ days.

**Dressing:** You may remove your dressing \_\_\_\_\_ days after surgery. You may shower at this point but do not immerse incision site in water, (i.e. pool, Jacuzzi, or bath). Until your follow-up visit it is imperative you maintain good personal hygiene.

### Diet:

- You may resume your pre-operative diet.
- Advance your diet slowly, especially if you are still experiencing some nausea from the anesthesia.
- If you are diabetic, keep your blood sugar as normal as possible as diabetics have a significantly greater chance of getting a wound infection following surgery. Call your **family physician** if you are having trouble controlling your blood sugar.

### Return to Work:

- ⊖ You may return to light work not involving excessive lifting (no greater than 8 pounds or the weight of a gallon of milk) in 1 to 3 weeks.
- ⊖ You may return to regular duty in \_\_\_\_\_ weeks.
- ⊖ Please call the office to check with your surgeon prior to returning to work and to obtain a note if necessary.

### Activity:

- You should be as active as possible but **listen to what your body is telling you. Use good judgment and common sense.**
- You may resume sports in 3 to 12 weeks depending on the sport. Please check with your surgeon first. Start ALL activities slowly and gradually.
- Avoid pulling, pushing, or lifting unduly heavy objects, especially in awkward positions.

### Medications:

- Resume your previous medications but check with your surgeon before resuming any blood thinners (i.e. Plavix, Aspirin, Coumadin, Pradaxa, etc.).
- Please take your pain medicine only as prescribed.
- Your doctor will prescribe medication for pain and/or possible muscle spasm after your discharge.
- Narcotic pain medication may produce constipation. You may need a stool softener and these may be purchased over the counter (i.e. Miralax, Senekot X, or Peri-colace).

### What to Expect:

- You may have some continued or new numbness depending on whether this was present prior to the surgery

and how long this was present prior to the surgery. If the symptoms are significant please notify your surgeon.

- You can expect some incisional pain but this should be minimal.

**Call your surgeon if:**

- You notice fever or chills and have a temperature of over 101 degrees.
- Your incision turns red and or starts to drain more than 10 days from your surgery.
- Your pain worsens after the surgery.
- Tenderness or swelling in one or both calves.
- Shortness of breath or chest pain.
- Cloudy or foul smelling drainage.
- Drainage that continues beyond 4 to 5 days.

**24 Hour Office Phone Number: 301.797.9240**

**Office Website: [www.pnsi.org](http://www.pnsi.org)**

**Do Not Smoke:** Smoking has been shown to slow the healing process and increase your chance of infection. It can also limit the fusion process if you've had a fusion or bone graft. If you need help quitting you can call the Washington County Health Department at 240.420.1796 and ask about their stop smoking classes. Your primary care doctor can also help with medications or patches.