

HOME CARE INSTRUCTIONS

SPINE SURGERY

01 PHYSICAL ACTIVITY

- Take short walks with your caregiver.
- Avoid standing for long periods of time.
- Do not lift or push heavy objects.
- Make sure you stay at rest for enough time.

02 DIET

- Avoid consuming fats, flour and sugar.
- Drink plenty of fluids.
- Avoid smoking or drinking alcoholic beverages.
- To relieve pain or discomfort when swallowing, drink cold liquids.
- In cases of cervical approach: consume soft foods.

03 RECOMMENDATIONS FOR THE WOUND

- Do not apply anything to the wound, it does not require cure.
- Keep the wound uncovered and clean.
- The wound may itch. However, do not touch it, use an ice pack wrapped in a clean towel.

**POST-SURGERY
CARE**

February 2021

04 CHECK WITH YOUR PHYSICIAN IF YOU HAVE

- Temperature above 38.8 °C.
- Intense and persistent pain in one site.
- Heavy and persistent bleeding or discharge with pus.
- Wound opening.
- Progressive swelling or redness around the wound. Headache or vomit.
- Progressive weakness of the legs or feet, which prevents walking well.

05 MEDICATIONS

- Take your medication at the time and dose set by your physician.
- Continue your medications to treat any underlying diseases.

06 APPOINTMENTS

- The surgeon will have to evaluate you approximately 12 days after the surgery.
- 5 working days after surgery, you will be called to schedule your follow-up appointment, if you do not receive the call please call: **3319090 ext. 7981.**
- You can request the printing of your images at the Diagnostic Imaging service.