

## **PERRI & SIDDIQUE SPINE SURGERY INC.**

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LOS ANGELES, CA. 90048  
(310) 423-9780

### **POST –OPERATIVE INSTRUCTIONS**

#### **While in hospital:**

- The day after your surgery you will be assisted by a physical therapist to regain mobility. After your physical therapy session you should be mobile several more times during the day as tolerated.
- Showering is permitted (a waterproof dressing will be applied).
- You will be released from the hospital when you achieve a relative level of independence (i.e. you achieve a moderate level of mobility status, you can eat without nausea, and can manage your pain with oral medication).
- Your bladder should be functioning as it was prior to surgery, but your bowels may not work until you get home.
- You will not be kept in hospital if you have not had a bowel movement, but you will be started on a bowel program immediately after surgery. Therefore, you can expect activity either in hospital, or soon after you get home !
- A family member or friend will be able to transport you home, with regular transportation (2 seater convertibles, are discouraged).

#### **At home (~ first 4 weeks)**

- Somebody responsible should assist you for the first several days at home.
  - You may NOT take any blood thinning medications. No aspirin, anti-inflammatories (eg. ibuprofen, advil, aleve), heparin, or warfarin/coumadin, without written consent from your pre-operative internist, or Dr Siddique or Perri.
  - No bending, twisting, or lifting anything heavier than a gallon of milk (<10lbs).
  - Avoid activities that cause strain or stress on your incision.
  - Climbing stairs is permitted (and encouraged), but should be done slowly and carefully.
  - Showering is permitted (do not allow the jet to spray directly onto your incision).
  - You do NOT need to cover your incision, pat the incision dry once you are done in the shower.
  - Do not soak your incision in a bath tub for 2 weeks.
  - A bandage or dressing MAY be placed over the incision site, to protect your clothes but a dressing is not necessary, or essential.
  - Your steri-strips will start to curl up after one week, we will remove them one week after your surgery.
  - Driving is not permitted until cleared by the doctor. You should not drive, especially if you are taking medications (i.e. narcotics) that impairs or effects your judgment.
  - If you have been given a lumbar brace, you must wear it at all times when out of bed, other than when you are sleeping or showering.
  - If you are given a cervical collar, please wear at all times (including sleeping) except when showering.
  - Suture removal will not be necessary as you will have a cosmetic skin closure with absorbable suture material. If this is not the case, the doctor will remove the sutures one week after surgery.
  - If you develop a temp greater than 101 F, or your incision becomes red, swollen, or starts to drain, please contact us immediately.
- Call our office @ 310-423-9780 to schedule an office visit with Dr. Siddique or Perri one to two weeks after your surgery .

