

NEUROLOGICAL SURGERY ASSOCIATES, P.C.

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HOME CARE INSTRUCTIONS

We hope that this instruction sheet will help to answer questions which may arise after your are discharged. Remember, even though you may feel great, the healing process usually requires six to eight weeks for complete recovery.

DAILY ACTIVITY

- Rest a lot during the first week. You may walk a little - DO NOT OVERDO!
- Do not drive or ride in a car until you return to the office for staple removal.
- Use common sense - do not do any lifting, pulling or straining. Do not walk on rough or slippery terrain.

COMPLICATIONS

- Wound infections: Signs to watch for include fever of 102 or more, and/or wound drainage; increasing redness or swelling. Should you develop any of these symptoms, please notify Julie at 871-6094 during office hours. After hours or on weekends, please call the answering service at 877-1681 and your call will be routed to the appropriate person.

POST-OP PAIN

- You may continue to have some degree of discomfort for 6 to 8 weeks post op. Do not panic! The surgical site must heal completely, and this simply requires some time. Typically, you will have soreness, but severe pain is unusual.
- If you have had neck or back surgery your extremity pain may return on the second post-op day, but should not be severe and will subside. Some numbness in your hands or feet is normal and will improve over time. Should you experience severe pain with movement, please contact Julie at 871-6094.
- You will be given a prescription for pain medication to take as directed. If you do not receive this prior to discharge, please contact the office. As your post-op pain subsides, Extra-Strength Tylenol would be appropriate to take as needed. You may also use ice or heat intermittently. DO NOT APPLY DIRECTLY TO THE INCISION SITE!

WOUND CARE

- Staples are removed seven to ten days following surgery. It is important to keep your incision clean and dry. If the bandage comes off, or if you have a skin reaction to the surgical tape, replace the bandage. If your incision should get wet, blot with a towel and use rubbing alcohol on the incision to absorb any extra moisture, then cover with a clean, dry bandage. After your staples are removed, you may shower.

FOLLOW UP

A follow-up appointment has been made for you for staple removal on _____ (day), _____ (date) at _____ (time).
This appointment has been scheduled at: Ste 300, Third Floor, Brookwood Medical Plaza

If you experience any signs or symptoms which cause you concern, please contact Julie at 871-6094 during office hours, or call the answering service at 877-8271 after hours. Remember we are here to help you!

This document should be used as a general information document only and should not be used in lieu of medial treatment. As individual conditions vary, always contact your doctor regarding your health care.