

**NEUROLOGICAL SURGERY ASSOCIATES, P.C.**  
**Brookwood Medical Plaza**  
**513 Brookwood Boulevard, Suite 372**  
**Birmingham, AL 35209**  
**(205) 949-1800**

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## **ONE WEEK POSTOP INSTRUCTIONS FOR NECK AND BACK SURGERIES**

CONGRATULATIONS!! Your staples/sutures have been removed and you may shower

- Let the water run past your incision and pat dry
- Do not scrub on your incision
- Steristrips are placed to protect your incision for a few more days (they will fall off on their own) If they have not done so remove them after 5-7 days.
- For neck surgeries: please avoid shaving close to your incision
- DO NOT apply any creams, lotions, or ointments to incision unless instructed by the doctor.

### **BEGIN YOUR WALKING REGIMEN**

- Start off with slow short strolls and progress up as you feel ready
- Avoid steep inclines or uneven surfaces

### **START HAVING FUN**

- Do not drive yourself for one to two more weeks, but you may be a passenger in a car. Long car rides (as a passenger) are acceptable, but frequent stops are recommended
- Leisure activities such as dinner, movies, visiting with friends, etc. More strenuous activities such as golf, tennis, jogging, etc. will be discussed at your one month post op appointment.
- Light chores are acceptable, but avoid any repetitive motions such as sweeping, vacuuming, cutting the grass, etc.
- Continue to refrain from lifting, pushing, and pulling

### **SEXUAL ACTIVITY**

- Two more weeks

### **MEDICATIONS**

- Begin taking over the counter medications (Advil, Aleve, Tylenol) and use your pain medications only as needed

### **WORK**

- If your job requires strenuous activity you can expect to return to work four to six weeks from surgery date
- Sedentary jobs may return as soon as 2-3 weeks from surgery date depending on your progress

## DRAINAGE

- It is common for incisions in the low back to drain. The drainage should be a thin, red tinged consistency and subside within one week of staple removal. Not everyone experiences this, however, if you do apply a loose dressing and change as necessary to keep your incision clean and dry. Once drainage ceases, remove bandage and leave incision open to air.
- You may shower and do all activities listed, but please notify the office if your drainage thickens or changes color and you begin to run a fever.

## HELPFUL HINTS

- A warm shower/bath is recommended every night at bedtime
- Continue to use heat/ice as needed
- Remember that everyone heals differently
- Walking will speed your recovery (but do not overdo!)
- Remember that it is very common to still be experiencing some symptoms

## FOLLOW-UP APPOINTMENT

- Your follow-up appointment is \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_ a.m.
- If you underwent neck surgery, you will be given a prescription to have a cervical spine x-ray. You will need to report to Brookwood Diagnostic Center which is located on the first floor of the Brookwood Medical Plaza, one hour prior to your next office visit.

**If you have any further questions regarding your recovery please contact our office at (205) 949-1800**

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