



NJPNI GENERAL POST OPERATIVE INSTRUCTIONS

- You may ride in a car, but may not drive a car until released by your doctors. This will be discussed for adult patients at the first post-operative visit.
- You may shower (no tub baths, hot tubs, pools, ponds, lakes, or ocean) as follows:
 - If you have dermabond glue: you may shower the day after surgery
 - If you have staples: you may shower 72 hours after surgery
 - If you have non absorbable sutures: you may shower 72 hours after surgery
- **Instructions for showering: Use liquid soap only, no bar soap**
If using a washcloth, use a clean one with each shower. Use a clean towel after each shower, pat the incision dry. You may apply antibiotic ointment twice a day to the incision.
- **Instructions for washing hair:** Any shampoo is okay. If you have a scalp incision, do not scrub the incision line. Just warm soapy water and rinse the area.
- **No contact sports until released by your physician.** For adults: Once you begin any activity, please have a buddy system. Someone should accompany you with any activity. You may find that you fatigue more easily. You may need to rest periodically during the day. This is normal in the recovery period.
- **For Back and Neck Surgery:** No lifting greater than 5-10 pounds. Change position often throughout the day.
- **Collar:** You may be instructed to wear a collar.
- **Soft Collar:** You may wear it when you feel you need some support. You do not need to wear it all the time.
- **Aspen Cervical Collar:** If you are instructed to wear an Aspen Cervical Collar, you must wear it all the time. You may take it off to shower and put it back on. Change the pads every 24-48 hours.
- **Pain Medicine:** Once you are discharged, take your pain medication as directed.
- **Other medications:** You will be instructed on which medications you should resume from home as well as any new medications which were prescribed for you during hospitalization.
- **Things to call us for:**
 - *Pain greater than 7 on a scale 1-10*
 - *Fever greater than 101*
 - *Drainage from your incision*
 - *Change in neurological status: for example: your pain is greater than 7, you have numbness/tingling, muscle weakness or increased spasticity/tone, seizures.*

Call our office to make a follow up appointment 10-14 days from your post operative date.