

POST-OPERATIVE INSTRUCTIONS

1. Go home, rest, eat a light meal as tolerated.
2. No lifting, twisting, or bending.
3. Wear your abdominal binder, comfortably snug until your provider says it's OK to go without it.
4. Do not take any medications like ibuprofen, Motrin, Aleve, aspirin, Excedrin, Coumadin, Lovenox, Pradaxa or any other blood thinning drugs until instructed to do so by your provider.
5. Take antibiotics as prescribed until gone.
6. Call the office if you have any fever, chills, headache, nausea/vomiting, or drainage from your surgical incision.
7. If you had a spinal cord stimulator trial, you may not shower.
8. For any other procedure, you may shower at any time you feel you can stand or sit in the shower safely. Do not soak or scrub your incisions.
9. Do not take a tub bath, hot tub, or swim until all incisions are healed and closed. Your provider will give you the OK to proceed with these activities when it is safe.
10. Do not put any topical medications or clean incisions with hydrogen peroxide, alcohol or any other substances unless directed by your provider. If you have questions about your incision, please ask your provider.
11. Keep all post-op appointments so we can check your incisions and adjust your therapy as needed.
12. Call the office at (707) 308-3105 with any questions or concerns.

Patient Signature

Provider Signature

Date