

ROCKY MOUNTAIN SURGICAL CENTER

MR #

Spine Orthopedic Discharge Instructions

Case ID #

DOS

Patient Name

DOB

Age

Sex

Surgeon

Operative Procedure Same

Doctor:

Dr. Speth 587-0122

After Hours: 406-585-5000

We hope that your recovery continues uneventfully at home. Please review and follow the directions below in addition to any specific instructions that you may have received from your surgeon. It is not unusual to feel tired or drowsy the day after surgery. You should have someone with you for the first 24 hours after you return home. You may also experience a mild headache, muscle aches, sore throat or slight nausea after surgery. These symptoms should resolve in a day or two.

Activity:

- "TAKE IT EASY"
- Continue frequent walks as much as tolerated at least four times daily.
- Wear your brace or corset when out of bed.
- Avoid excessive sitting, bending, twisting, and limit lifting to 10 pounds.
- You may not drive for 24 hours after anesthesia, or any time you are taking narcotic pain medications. You should not operate machinery or make important decisions during this time.

- You may shower if no drainage is present for 2 days but no soaking surgical site in bathtub, hot tub or pool.

Diet:

- For today eat lightly, increase your diet as tolerated. Drink plenty of fluids.
- You should not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medication.

Follow up with your physician's office as instructed. Your appointment is:

Date Time

Medications:

Get all prescriptions filled and take as directed; take pain medications with food.

Prescription given

- You may resume your regular medications.

Exceptions: _____

- If you experience constipation from your narcotics take a stool softener, available over the counter (Miralax).

Notify your Physician if you experience:

1. Severe pain unrelieved by medication
2. Persistent nausea and vomiting
3. Fever over 101°
4. Excessive bleeding, drainage, or swelling
5. Signs of infection at your incision site: redness, increased tenderness, foul odor or discharge
6. Inability to urinate
7. Experience hoarseness and bronchitis

Wound Care:

- Remove ted hose stockings once you are up and about more than sitting / laying during the day.
- Change dressing every day until drainage stops, then you may leave dressing off.

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The above discharge instructions have been received and understood by me.

Relationship

Date

Signature

RN signature

Date

Time