

Common Postoperative Medications

- Norco 1-2 tablets by mouth every 6 hours as needed for pain.
- Flexeril 10mg 1 by mouth every 8 hours as needed for spasm **(lumbar patients only)**.
- Aspirin 81mg 1 tablet by mouth twice a day **(some lumbar patients only)**.
- Iron sulfate 325mg 1 tablet twice a day **(lumbar patients only)**.
- Colace 100mg 1 tablet by mouth twice a day for constipation.
- Vitamin C 500mg 1 tablet by mouth twice a day.
- Celebrex 200mg: 1 tablet by mouth twice a day. **(laminectomy patients only)**

Note

>90% of patients should have almost complete resolution of their arm pain or cramping. Residual numbness in the arm is common and can last for a year.

Please call the office immediately if:

- You experience arm/leg pain or weakness you did not have before surgery.
- If a fever begins >48 hours after surgery.
- If you have any bowel or bladder issues.
- If your medication is not working.
- If you fall after surgery.

After hours or during the weekend, please call 295-3923 and follow the prompts to the after-hours line.

Postsurgical Instructions for Scoliosis Reconstructions

- Follow up visit in 2-3 weeks.
- Narcotic pain control should be limited to none by 3 months post op.
- No NSAIDS.
- TLSO brace for 3 months (first 2 weeks full time even in bed. By 2-8 weeks, only when out of bed. By 8-12 weeks post-op, only when out of the home).
- Core Trunk Stabilization program should be restarted at 3 months in the brace, 2-3 days per week for 6 weeks, followed by a therapist instructed home exercise program.
- Home walking program. Start immediately after surgery. By follow up, patient should be able to walk 1-3 mile (s) per day.
- Return to work at 6 weeks for sitting type job or standing jobs. No bending, stooping, squatting, crawling, sex, driving, and prolonged sitting (2 hours) for 3 weeks. No swimming, sports, climbing or lifting more than 20lbs for 3 months.
- Back pain is usually moderate to severe for 1-2 months. Adult scoliosis patients expect to have 3/10 level pain for years after.
- **Norco and Flexeril will be limited to 3 months for Lumbar patients and 8 weeks for Cervical patients.**
- **No NSAIDs!!! Aspirin is ok for select patients.**



You're having surgery
We have your back

BERMUDA SPINE

Postsurgical Instruction Booklet

- Scoliosis Reconstruction
- Cervical or Lumbar Fusions
- Cervical Laminectomy
- Lumbar Laminectomy

Bermuda Spine Centre

Bermuda Spine Centre
Charities House
Ground Floor
25 Point Finger Rd
Paget, DV 04
Bermuda
295-3923 (office)
295-3983 (fax)

Postsurgical Instructions for All Simple Cervical or Lumbar Fusions

- Follow up in the office in 2-3 weeks.
- No lifting, bending, or stooping.
- No overhead activity (**cervical patients only**)
- No driving for 3 weeks.
- No sexual activity for 3 weeks.
- No prolonged sitting for 3 weeks (**lumbar patients only**)
- No restrictions on walking.
- Physical therapy will not resume on discharge and will be restarted after 2 months from surgery. **Therapy should be done while wearing the brace.**
- Brace is to be worn full time for 3 months. May be taken off to shower and sleep only.
- Ok to shower only, no baths or pools etc. Keep your wounds clean and dry. **Soap and water only.**
- Send a photo of your incision to info@northrockspine.com and then call the office if you notice any discharge, redness or swelling around your incision.
- **Norco and Flexeril will be limited by 3 months for Lumbar patients and 8 weeks for Cervical patients.**
- **No NSAIDs!!! Aspirin is ok to take. Please discuss with the provider at your first postsurgical visit.**

Postsurgical Instructions for Lumbar Laminectomies

- Follow up in the office in 2-3 weeks.
- No heavy lifting, bending, or stooping.
- No driving for 3 weeks.
- No sexual activity for 3 weeks.
- No prolonged sitting (more than 20 minutes) for 3 weeks.
- No restrictions on walking.
- Physical therapy will not resume on discharge and will be restarted after 3 weeks from the day of surgery if needed.
- Home walking program. Start immediately after surgery. By follow up, patient should be able to walk 1-3 miles per day.
- You should wear your **brace full time** for 3 weeks. Only take it off to sleep or shower.
- You may shower only, no baths pools, etc. Do not soak, submerge, or rest your wound directly under running water. Keep your wounds clean and dry. Use only soap and water.
- Dressing may be removed the next day and keep open to air.
- Send a photo of your incision to info@northrockspine.com and then call the office if you notice any discharge, redness or swelling around your incision.
- You will be off work for 2-3 weeks after surgery. Dr. Pitt will determine at your post op appointment when you will return to work and if any restrictions will be needed.
- **Norco and Flexeril are limited to 4 weeks post-op.**

Postsurgical Instructions for Cervical Laminectomies

- Follow up visit in 2-3 weeks.
- Narcotic pain control should be limited to none by 6 weeks post op.
- No NSAIDS.
- **Miami J Cervical Collar** for 3-6 weeks, followed by a soft collar for 2 weeks.
- Gentle active range of motion (A-ROM) in the soft collar ok at home.
- No overhead activity or driving for 3 weeks.
- Home walking program. Start immediately after surgery. By follow up, patient should be able to walk 1-3 mile (s) per day.
- Return to work 1-2 weeks for sitting type jobs, or 8 weeks for heavy manual labor jobs once fusion has been confirmed and the patient is asymptomatic. Light duty for 6-12 weeks: No lifting more than 20lbs.

