



Lerner Children's Pavilion
HOSPITAL FOR SPECIAL SURGERY

Spine Surgery Hospital Discharge Instructions

Pain Medication

1. You will begin to taper narcotic pain medications (e.g. oxycodone, norco, Percocet) once you are home by increasing the interval between doses (e.g. every 6 hours instead of every 3-4 hours) and by decreasing the dosage (e.g. 1 pill instead of 2)
2. We recommend you continue bedtime narcotic dose for 2-3 nights after discharge from the hospital.
3. We recommend you discontinue all narcotics by the 3rd day at home.
4. Continue non-narcotic pain medication (e.g. ibuprofen-(Advil), acetaminophen-(Tylenol) every 6 hours for 5-7 days.

Care of your surgical incision

1. Leave the incision open to air unless otherwise directed. You have a layer of surgical glue over the wound. This will stay intact.
2. We recommend that you shower at home daily for the next 10 days without covering up the surgical site. Do not scrub over the incision.

Physical activity

1. Get out of bed slowly. Spend a few moments sitting up in bed before attempting to stand and then a few moments standing before you begin walking. It is not unusual for people to feel dizzy after lying down for long periods of time.
2. Walk for 5-10 minutes at a time at least 3 times a day for the first week and increase this to 10-15 minutes 3 times a day for the second week. Increase the frequency and duration as you become more tolerant. Walking outside is encouraged.
3. We recommend that you stay out of your bed as much as possible. Limit the time in bed to napping and sleeping only. Use a comfortable chair, couch, or recliner for sitting.
4. Refrain from bending, twisting and lifting as this may be uncomfortable.
5. You may sleep in your regular bed at home. You may sleep in any position that is comfortable.
6. Use a shower chair for first 7-10 days at home.

Bowel Regimen

1. Continue taking your stool softeners (Miralax and/or Colace) while taking narcotic pain medication.
2. Drink plenty of fluids and avoid binding foods such as rice and bread.

Diet

1. Increase your hydration. Drink at least 8 cups of non-caffeinated beverages each day to prevent dehydration.
2. Eat well-balanced meals and snacks. Your body needs nutrients to heal.