

Date of Admission: _____

Date of Discharge: _____

ACTIVITY AT HOME

Gradually increase time spent out of bed daily. You will require several rest periods during the first two weeks after discharge. As your endurance increases, you will require fewer rest periods. Develop a walking program which should gradually increase in distance. You should start by walking the distance of one house and increase daily. You may climb stairs however; have someone with you at first until you feel confident with this activity.

RESTRICTIONS

You are restricted from lifting more than eight to ten pounds. (a gallon of milk is approximately eight pounds). No bending, twisting, or stooping motion of the spine. **Do not** participate in any sports or strenuous recreational activities until you receive specific instructions from your **doctor**. During waking hours, it's best to move every 50 minutes if you are sitting.

BRACE

Neck (Wear 24 hrs a day except for showering) you may loosen to eat and drink.

PERSONAL HYGIENE

You may take a shower out of your brace but do not move excessively. Do not use lotion or powder on your skin under the brace/or neck collar. Use a chair in the shower stall so that you can sit during your shower. This will allow you to have your hands free to wash without fear of falling.

MEDICATIONS

You will be given the following prescriptions. Please follow the directions on the bottle. A stool softener is recommended to help with constipation. (Colace, Pericolace, Metamucil or Miralax are options)

Anti-inflammatory, tapering dose Pain Medication muscle relaxer and / or antibiotics

NUTRITION

Resume your regular diet. Four to six meals per day may be better tolerated until your appetite returns. Foods high in iron content (spinach and broccoli) will help improve your blood counts. A multivitamin is reasonable.

INCISIONAL CARE

Your incision should remain clean and dry. **You DO NOT need to cover during showers. After your shower remove the wet dressing, dry the area gently and then apply a clean gauze dressing.** You should keep the inner dressing (thin strips) dry until further notice. You may change the outer dressing as needed with gauze pads and tape. No lotions, powder or oils are to be placed in the incision until further notice. Watch your incision(s) for signs of infection. (i.e. redness, swelling, or drainage). If you notice any of the signs of infection, please call the office to inform your doctor.

OTHER INSTRUCTIONS

If you develop a fever greater than 101 degrees F, notify your doctor. If you are experiencing any unusual symptoms, weakness, extreme pain, nausea or vomiting, unable to swallow, difficulty breathing, swelling in the throat, unable to void or go to the bathroom, notify your doctor. **Consider going to the Emergency Room at the hospital where your surgery was performed, however, if this is not convenient please go to the nearest Emergency Room.**

If you have any questions, once you return home, please call the office Monday through Thursday from 9:00 a.m. to 5:00 p.m. and Friday 9:00 am to 4:00 pm at 303-697-7463 or 911(emergency). Please do not wait until the end of the day to call if at all possible.

Patient Signature Date

Sanjay Jatana, MD Date