

Wound Care Instructions

After surgery change the gauze bandage as needed. You want to make sure the bandage is kept clean and dry. (if there is any drainage – change the bandage)

Cervical Wound Instructions

On the 2nd day after surgery (if surgery is on Friday – you can shower on Sunday) you may remove the wound dressing (gauze bandage) and shower normally. (Do not soak incision – you will not be allowed to soak in pools, tubs or hot tubs until 5 weeks after surgery.) GENTLY clean the wound with water and MILD soap (use something like Ivory soap) then PAT DRY – DO NOT SCRUB the incision area. DO NOT REMOVE the Dermabond (glue) – this is holding your incision together. The Dermabond will slowly flake off on it's own over a period of approximately 2 weeks – We will inspect this when you come in for your first visit after surgery. If you are not having any drainage, you would not need to rebandage the wound after this first shower just keep the wound clean and dry.

Lumbar Wound Instructions

On the 2nd day after surgery (if surgery is on Friday – you can shower on Sunday) you may remove the wound dressing (gauze bandage) and shower normally. (Do not soak incision – you will not be allowed to soak in pools, tubs or hot tubs until 5 weeks after surgery.) GENTLY clean the wound with water and MILD soap (use something like Ivory soap) then PAT DRY – DO NOT SCRUB the incision area. DO NOT REMOVE the Dermabond (glue) and/or Prineo Mesh – this is holding your incision together. Rebandage with dry breathable dressing (gauze) and continue to change as needed daily. You should normally experience a small amount of drainage for a few days. We will inspect your incision and if you have Mesh over incision we will remove this at your first post-op appointment.

Wound Cream

If you have already gotten the Wound Cream recommended by Dr. Taha wait until your first visit after surgery to start applying this on the wound.

Ice Instructions

We recommend you use an ICE PACK over the incision area for 25 MINUTES ON then off for 45 minutes. (Make sure there is a shirt or towel between you and the ice pack.) We want you to use the ice as much as possible after surgery to reduce swelling, inflammation and decrease any nerve pain.

**If at any time after surgery you experience unusual drainage, severe or constant headaches, excessive redness/heat or swelling at the incision site or fever greater than 100.4, please contact our office so we can inform Dr. Taha for further direction

Pain Medicines

After surgery you may be prescribed pain medication. Our office follows DEA of Ohio prescribing regulations which means we are extremely limited on what and for how long we can prescribe pain medication. We may need to refer you to pain management in order to provide you with the most efficient pain control treatment.