SPINE by Villamil MD

An innovative approach to surgery of the spine

TULSA - SAN JUAN

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Lumbar Post-Op Instructions

1. Do not remove the dressings (bandages) for two weeks. You may shower normally (dressing is waterproof). Bandages may come off before two weeks if there is a lot of bloody spotting or if they peel-off (roll) from a corner.
2. Whenever dressings come off, you will see a violet "scab" which is skin glue. The wound will be then washed with soap and water without trying to remove the glue. Cover it with regular 4 x 4 gauze and tape, or any other adhesive dressing.
3. Please do not perform exercises, heavy lifting (greater than 5 lbs.) or exaggerated movements. Only perform physical activity as tolerated inside the house.
4. Make sure you or a family member goes pick up the medications already sent electronically to the pharmacy at Jane Phillips Hospital, unless otherwise indicated.
5. Do not submerge the wound under water under any circumstances such as tub, swimming pools or lakes until the wound is completely sealed.
6. Physical therapy (if indicated) will begin when instructed by Dr. Villamil.
7. Common signs and symptoms after the surgery are:
   -Leg pain (may be intense, sometimes even more than back pain).
   -Pain in hips and buttocks.
   -Difficulty getting up and walking (due to discomfort).
   -Spasms in the lower back and legs.
   -Constipation (proceed to take over the counter laxatives as needed).
8. Do not take anti-inflammatory pain medications (ibuprofen, Advil, Aleve, naproxen, diclofenac, Relafen, meloxicam, etc.)
9. Resume all your other regular medications like normally upon arrival at home, including blood thinners.
10. You will be given an order for x-rays which you can walk in to any imaging center. These need to be obtained 2-3 days prior to your first post-op appointment. As always, be sure to bring the imaging disc!

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Patient Signature Date