

JHONG JHENG ORTHOPEDIC HOSPITAL

Spine Surgery Post-Operative Care Instruction

A. Things you have to follow after surgery

1. Sleep on the firm mattress or hard wood bed. Do not sleep on a soft bed
2. Keep position straight while lying on the bed and change position every 2 hour via using log-roll techniques
3. Do deep breathing and coughing every 2 hours to prevent pneumonia.
4. Records daily input and output to understand your nutritional status
5. Encourage to drink water as tolerance
6. Take high-protein, high-fiber food, avoid eating pickles and raw food.
7. Do not smoking and drinking alcohol.
8. Wear neck collar or back support before getting out of bed, turning position and elevated head over than 30 degree.
9. Steps to get out the bed
 - (1) Sit on the bed side first before getting out of the bed.
 - (2) Standing for a while before walking.
 - (3) At the beginning, do not wet out of bed and work more than 30 mins .Avoid prolonged standing.
10. Please inform the medical professional if you experience any pain, numbness or cannot raise the legs.

B. Activity

1. First week : Walking for short distances, do not drive, avoid heavy lifting and doing the exercise. Able to take shower. Neck collar or back support can be removed while sleeping and taking shower.
2. The 2nd week : Able to sit, stand, walk and drive for a short distance, but still can not do the exercise.
3. The 3rd to 6th weeks: Able to engage some light work, but absolutely prohibit the pressure on the neck such as the neck rotation ,running and jumping or SPA hydrotherapy.

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4. The 8th week: You can go back to work, but avoid heavy lifting and any rotational movement.
5. The 12 weeks: Avoid moving heavy stuff from the height
6. The 6 months to a year: Avoid over use the head and waist to present recurrence of spine injury.

**C. The following situations you experience,you have come
back to the hospital:**

- 1.You have any redness, swelling, heat or pain incision site.
- 2.You notice any discharge from incision site.
3. You neck or back got hit or any trauma on the neck or spine.
4. You experience any numbness, tingling, weakness on the extremities