

For the best recovery after your surgery, follow these instructions. Contact us if you have any questions or concerns after reading this.

### Pain Control

If you have a Local Anesthetic Infusion Device (LAID), the pain service nurse will give you special instructions before you leave the hospital. The LAID will be removed 5 days after your surgery.

You will need pain medication after surgery. Use either over-the-counter or prescription pain medicine, not both together.

#### Over-the-Counter Pain Medicine

- Acetaminophen (common brand, Tylenol®)
- Ibuprofen (common brand, Advil®)

It's safe to take these medicines together. You can also alternate them (take one dose of Acetaminophen, then one dose of Ibuprofen 3 hours later). Do not exceed the recommended doses. Take with food to avoid stomach upset.

#### Prescription Pain Medicine

- Oxycodone (common brands, Xtampza ER, Oxaydo, Roxicodone)
- Hydrocodone (common brands, Vicodin, Hycet, Lortab, Elixir)

Important: Hydrocodone contains acetaminophen. Do not take with Tylenol or other products containing acetaminophen.

#### Prescription Medicine for Muscle Spasm

- Diazepam (common brand, Valium)

As with all medicine, use only as directed. Reduce how much pain medicine you take as quickly as you feel comfortable. After 1 month, you should only need over-the-counter pain medicine every once in a while. Contact us if you still need prescription pain medicine 1 month after your surgery.

### Constipation

Taking pain medications can cause constipation.

- Drink lots of water
- If it's painful or difficult to poop, use an over-the-counter laxative

### Wound Care

Doctors use Steri-strips and dermabond to help your incisions heal and reduce scarring.

- Leave Steri-strips in place as long as possible
- They will start peeling off on their own after about a week
- It's okay to remove them after 2 weeks if they come off easily without pulling off scabs or skin

### Bathing

- Sponge baths only, right after surgery
- Do not shower for 5 days after your surgery or until your LAID is removed
- Do not soak in a tub or a pool for 1 month after surgery

### Diet

You can eat what you normally eat, right after surgery.

## Activity

You can be active but be cautious while you are healing from surgery.

- No contact sports for 90 days after surgery
- Do not lift or carry anything more than 10 pounds for 1 month after surgery

Note: A gallon of milk or a backpack with 3 text books in it weigh about 10 pounds.

It's ok to walk, hike and run after your surgery. Gradually increase your activity after surgery as you feel up to it. You may return to all your normal activities including contact sports 90 days after your surgery.

## School & Work

You can return to school or work when you feel up to it. Many patients return about 2 weeks after surgery. Do not return until you stop taking prescription pain medicine.

## Driving

Do NOT drive while taking prescription pain medicine. Wait at least 24 hours after your last dose before driving. Do NOT drive if your pain interferes with driving in any way.

## Follow-Up Visits

Contact our office to schedule follow-up visits for:

- 1 month after surgery
- 1 year after surgery
- Before bar removal (3 years after surgery)

If you have any problems or concerns, request an x-ray when you call for your appointment.

We now offer TeleHealth services (a video visit with your doctor). Ask our office if this is an option for you.

## Contact us immediately if you have:

- A fever of 102°F or above
- Nausea or vomiting that lasts more than 2 days
- Redness or pain around your incisions

### Contact Information

Business hours (M-F, 8:00 am – 5:00 pm)

- To schedule an appointment, please call: (801) 662-2950, Option #1
- To speak to one of our nurses, please call: (801) 662-2950, Option #2

After hours, weekends and holidays

- The operator will transfer you to the clinician on call: (801) 662-1000
- For pain related problems leave your number at the beep: (801) 914-6240

**If you have severe chest pain, difficulty breathing or any other emergency call 911 or go to the ER**