

Spine Care Specialists

Orthopaedic Specialists Of Northwest Indiana

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1.	WOUND CARE:	<u>NO TUB BATHS!</u> <ul style="list-style-type: none">You may shower five (2) days after your surgery.Do not remove the steri-strips. Should one become loose or start to fall off, you may <i>gently</i> remove it.
2.	INCISIONAL SWELLING:	Swelling around the incision after surgery <i>is</i> normal. You may even notice a slight increase in swelling after activities. This should dissipate in time; however, <i>please report any severe increased pain, swelling, redness, fever, drainage, or intractable pain immediately!</i>
3.	BONE GRAFT DONOR SITE:	The bone graft donor site can be a source of pain and discomfort. You may apply a cold pack over the bone graft site intermittently. These symptoms should dissipate over a period of time and may even linger more than 2-3 months after surgery.
4.	POST-OPERATIVE “BLUES”	<p>So now you’re feeling better and your current discomfort is nothing compared to what you endured before surgery – or perhaps you feel quite the opposite.</p> <p>May patients have verbalized their frustration at not being able to resume normal activities as soon as they thought they would, for example: riving, going back to work, or simple activities of daily living.</p> <p>Having to limit and curtail your activities along with pain and discomfort can leave you with the impression that you will never get better. There is a light at the end of the tunnel!</p> <p>Remember that your body needs time to recover from major surgery. How you take care of yourself in the postoperative period can have a direct bearing on your ultimate recovery. This is the time to take good care of yourself.</p> <ul style="list-style-type: none">Rest and eat a well-balanced diet, rich in protein.Walk every day, if possible, and try to maintain a positive attitude about yourself. Remember, it takes a great deal of courage and determination to undergo what you have been through.
5.	FIRST POST-OPERATIVE EXAMINATION:	<p>Patients are seen and examined by Dr. Khanna at two (2) weeks and six (6) weeks after the date of surgery, unless otherwise instructed.</p> <ul style="list-style-type: none">Please contact this office to schedule your appointment.If you have any specific questions regarding your progress, it is a good idea to list them and address these questions when you see Dr. Khanna. <p>A prescription for physical therapy will be prescribed by Dr. Khanna.</p>
6.	Post-Operative Activities:	Once you are home, the aerobic exercise, which is encouraged is walking. This should be done in a progressive manner, as tolerated.