

Spinal Surgery Aftercare

Beaumont Hospital, Troy



Having surgery takes a lot out of you physically, emotionally and psychologically. When it comes to daily tasks, plan ahead and schedule extra time with your surgical coach to spread out your daily tasks. Take your time and take rest breaks.

Main goals

- restoring mobility
- incision care
- comfort and safety

Rules to follow

- Always wear your brace or collar as instructed by your surgeon.
- Sit in chairs with arm rests, that don't rock, do not have wheels, and are not too low.
- When lying down, use a flat pillow under your head or neck.
- Don't lift your hips or scoot up when lying in bed.
- Be careful on stairs.

Activities to avoid

- raising your arms over your head
- lifting objects over 5 pounds
- bending or twisting
- vacuuming and other strenuous activity
- driving
- taking aspirin or anti-inflammatory medicine
- nicotine products

Incision care instructions

- Clean incision with soap and water.
- Pat dry with clean towel.
- Do not rub or pick incision.
- Do not apply lotion or powder to incision.
- Wear comfortable clean clothes.
- Use clean linens on beds.

Health & wellness

- Clean yourself properly after bowel movement. You may need your surgical coach to assist you. Wash hands after.
- Eat well-balanced diet and drink lots of liquids.
- Take short walks throughout the day.

Follow surgeon's instructions

- Shower with shower collar as instructed.
- Keep track of pain.
- You may be instructed to remove steri strips after 10 days.

Inspect incision daily

Call your surgeon for following symptoms:

- increased or lasting redness, swelling or warmth around incision
- cloudy, green or yellow discharge from incision
- constipation
- temperature above 100.5°
- unmanageable pain, even with medication
- increased numbness or tingling

Follow-up exam

- This exam occurs 4-6 weeks after surgery.
- Further physical therapy may be needed.

For an appointment with a Beaumont doctor, visit [beaumont.org](https://www.beaumont.org) or call 800-633-7377.