

DR. ZESHAN HYDER

# Post-Op Instructions

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For Anterior Back and Anterior Neck Surgeries

## DIET

- Return to regular diet as tolerated at home or diabetic diet, if applicable.
- Notify physician of any significant abdominal pain, distention, nausea or vomiting.

## ACTIVITY

- DO NOT DRIVE until you are off your pain medications.
- DO NOT DRINK ALCOHOL when taking pain medications.
- DO NOT USE NICOTINE PRODUCTS. This will delay successful healing.
- Cough and take deep breaths as often as possible following discharge to prevent breathing complications. Use spirometer every hour.
- DO NOT LIFT anything heavier than 45 pounds until authorized by physician.
- No excessive bending, twisting, pushing or pulling until otherwise directed.
- Wear compressive stockings until you are walking well.
- Walk as much as your pain will allow.
- Sleep on your back or sides; DO NOT sleep on your stomach.
- **\*\*WEAR YOUR BRACE WHENEVER YOU ARE WALKING OR IN A VEHICLE\*\***  
No brace is needed while sitting in a chair, eating or sleeping.

## WOUND CARE

- Keep dressing clean and dry. Remove dressing on **day 2** after surgery and leave open to air.
- Leave the steri-strips intact until they fall off on their own or are removed during your post-op appointment.
- Inspect the incision daily for sign of infection (draining, excessive swelling, pus).
- Shower on **day 3** after discharge.
- **\*\*NO BATHS, HOT TUBS OR SWIMMING POOLS\*\***

## MEDICATIONS

- **\*\*PAIN IS NORMAL, YOU MAY EXPERIENCE PAIN AND DISCOMFORT\*\***
  - Take medications ONLY as prescribed.
  - Resume regular medications upon returning home as instructed by your doctor.
  - If prescribed antibiotics, finish the entire course. A probiotic is recommended.
  - DO NOT TAKE ASPIRIN (NSAIDS) until approved by physician.
  - DO NOT DRINK ALCOHOL, DO NOT DRIVE, DO NOT OPERATE COMPLICATED MACHINERY, DO NOT SIGN LEGAL DOCUMENTS while taking prescription pain medications.
  - DO NOT USE NICOTINE PRODUCTS.
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- **\*\*MEDICATION REFILLS AFTER SURGERY** (if not controlled by a pain specialist) need to be called in to Dawn, Dr. Hyder's medical assistant, at **219-795-3360 ex. 305**. Leave a message with your name, date of birth, phone number and the name(s) of medications needed. **Refill requests may take 24-48 hours** to process, so please do not wait until you are completely out. You will be notified when your medication prescriptions are ready to be picked up here at the Merrillville office.

**Notify Dr. Hyder if you experience:** chest pain, temperature over 101 degrees, loss of bladder/bowel function, persistent vomiting, excessive drainage or bleeding from incision, excessive swelling/redness of incision site or extremities.

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# NSAIDS

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## Non-Steroidal Anti-Inflammatory Drugs

- **Aspirin** (Anacin, Ascriptin, **Bayer**, Bufferin, Ecotrin, **Excedrin**)
- Choline And Magnesium Salicylates (CMT, Tricosal, Trilisate)
- Choline Salicylate (Arthropan)
- Celecoxib (Celebrex)
- Diclofenac Potassium (Cataflam)
- Diclofenac Sodium (Voltaren, Voltaren XR)
- Diclofenac Sodium with Misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen Calcium (Nalfon)
- Flurbiprofen (Ansaid)
- **Ibuprofen** (**Advil**, **Motrin**, Motrin 18, Nuprin)
- Indomethacin (Indocin, Lndocin SR)
- Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
- Magnesium Salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate Sodium (Meclomen)
- Mefenamic Acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan\*)
- Naproxen Sodium (**Aleve**, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Rofecoxib (Vioxx)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono-Gesic, Salflex, Salsitab)
- Sodium Salicylate (Various Generics)
- Sulindac (Clinoril)
- Tolmetin Sodium (Tolectin)
- Valdecoxib (Bextra)

Note: Some products, such as Excedrin, are combination drugs (Excedrin is Acetaminophen, Aspirin, and Caffeine).