

DR. ZESHAN HYDER

Post-Op Instructions

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.

- ****MEDICATION REFILLS AFTER SURGERY** (if not controlled by a pain specialist) need to be called in to Dawn, Dr. Hyder's medical assistant, at **219-797-7463**. 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.

DR. ZESHAN HYDER

NSAIDS

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).