

General Post-Op Instructions

Dr. Mark Liker / Dr. Bjorn Lobo

Showering

1. **ALL patients** may shower with the incision **COVERED** for 2 days post-op and **UNCOVERED** on post-op day #3. Pat dry gently.
2. **No sitting underwater** like a bath, Jacuzzi, or the ocean until the incision is completely healed.
3. **CRANIOTOMY patients:** You may wash your hair gently on post-op day #3. Do not color hair until the incision is completely healed.

Wound Care

1. Take off any gauze or large dressings on post-op day #2. Leave Steri-strips on (looks like packing tape) as they will fall off on their own. Leave the incision uncovered on post-op day #3.
2. Any glue will fall off on its own.
3. Follow up in the office **12–14 days post-op** for staple or suture removal.
4. Use minimal antibiotic or A&D ointment on the incision to prevent scratching if itchy.
5. **Call the office** and send a picture if there is drainage from the incision.

Pain

1. **Norco (hydrocodone)** or **Percocet (oxycodone)** contain 325mg Tylenol (acetaminophen). The maximum dose of Tylenol per day is 3000mg, so be mindful if you take extra Tylenol.
2. Narcotics can cause **constipation**. You can get over-the-counter treatment stool softeners or laxatives like Colace (Docusate Sodium), Magnesium Citrate, Senna, or MiraLAX.
3. **Fusions:** Avoid NSAIDs like Ibuprofen, Advil, Motrin, Aleve, Mobic, or Diclofenac, as they may interfere with bone fusion. Tylenol is okay to take.
4. Use **ice** for the first 72 hours after surgery and then you may add **heat** after 72 hours. Apply for 15 minutes on and off over a thin cloth to affected areas. If you alternate heat and ice, always end with ice.

Braces

1. **Fusions:** Wear brace when out of bed. **Neck:** May sleep on back or side with support to keep neck in neutral. **Back:** Log roll in bed.
2. **Fractures:** Wear brace at all times. Philadelphia (waterproof) neck collar for showering.
3. **Aspen (neck) collars:** Have adjustable chin supports. Turn the yellow/green circle on the chest portion and adjust height so the chin and neck are supported.

Activity

1. Walking encouraged, 3–5 times around the house, farther as you feel better.
2. Get up from sitting position or move legs/feet every 30 minutes to avoid blood clots.
3. **Back surgery patients** may sleep in any comfortable position.
4. No high-impact activities for 6–12 weeks.

5. Sexual activity minimized for 2 weeks.

Driving

1. No driving after taking narcotics for 6–8 hours.
2. You may be stopped by law enforcement if wearing a cervical brace.
3. **No driving** if you had a seizure. You will need clearance from a Neurologist.

Call the office for any questions: 661-799-2542

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