



Dr. Cyriac After Surgery Instructions

Activities:

1. **Walking** around your home is encouraged. Try to do so at least 6 times per day. No special exercises are necessary.
2. **Do NOT do** heavy housework (i.e., bed making, vacuuming, laundry, dishes, mopping, sweeping)
3. **NO EXCESSIVE BENDING, LIFTING, OR TWISTING FOR 3 MONTHS AS DOING SO WILL STOP SURGICAL HEALING**
4. Sit in chairs with arms and avoid those low to the ground to make getting up easier.
5. Physical Therapy may come to the house only to check the safety of your environment. They will assist you in walking. They are **NOT** allowed to add additional exercises during the visit.

Medication:

1. **Narcotic medication can cause constipation.** Please use your stool softeners as prescribed.
2. Increase fluids to help with constipation. It is recommended to drink 6 glasses of water per day.
3. **Please avoid NSAIDs** (i.e., Ibuprofen, Motrin, Meloxicam, Mobic, Celebrex, Diclofenac, Voltaren) for **6 months after surgery** unless previously approved by your MD. These medications could slow bone healing at the surgical site.

Incision Care:

1. **Keep the dressing clean and dry for 5 days.** After 5 days, you may remove the outer gray dressing and leave incision open to air. Shower gently and blot the area dry. Do not remove steri-strips, mesh, or the glue covering the site; they will fall off on their own. **NO baths!**
2. **No creams, ointments, or baths until MD permits**
3. **Ice** may be applied to the site for 10-15 min, 3-4 times per day.
4. **Check the site daily for signs of redness or drainage**

When to call the office: 504-988-8476

1. Odor and/or drainage from your incision site
2. Increased redness, swelling, or pain from the incision site
3. Fever greater 101.0 with sweats or chills
4. New or unfamiliar pain or weakness in arms or legs
5. Difficulty with urination or bowel movements and/or numbness in the rectal, vaginal, or scrotal area.

A post-op appointment will be scheduled for 2-3 weeks after your surgery.

Pain should be expected to be unpleasant for about 6 weeks. You may experience lower back and neck pain for 3-6 months with gradual resolution.