



Discharge Instructions

- Activity for the first two weeks after surgery should be minimal. You should avoid bending, lifting and twisting; this allows for better tissue healing early in your recovery after lower back surgery. Stair climbing should be kept to a minimum for the first two weeks. You may walk, sit and stand up to your toleration. If you had neck surgery, please avoid overhead lifting, pushing and pulling.
- If you are discharged with compressing stockings, you may stop wearing these when you get home as long as you are walking. If for some reason you are instructed not to walk, then please keep them on until your first post-operative visit.
- You may resume all of your medications that you were on before surgery, unless otherwise instructed by Dr. Kropf and his staff. Please let us know if you were taking any anti-inflammatories before surgery as you will not be able to resume taking anti-inflammatories for a few weeks after surgery.
- You may shower, however, you need to keep your incision dressing dry. Some try to reinforce their dressing with plastic wrap to ensure dryness for the shower.
- You do not need to change your dressing. In rare cases, if there is any drainage or your dressing gets wet, you may change the outer dressing. The idea is to avoid any prolonged moisture on the incision. If you notice any drainage from your incision other than blood, please call your home health nurse or you may call our office if you are not utilizing home health. Also, please call if you develop any fevers or chills.
- You may use ice packs or hot packs as needed.
- You are allowed to ride in a car, but you may not drive until cleared by your physician. In general, travel should be kept to short distances by car and you are usually cleared to travel by plane after your first postoperative visit in 10-17 days.
- If you are given a back brace, please wear this brace when you are out of bed. You do not need to sleep with this brace. If you are given a neck brace, you will need to wear this at all times. **This brace will be worn for a few weeks after surgery and Dr. Kropf will instruct you when to stop wearing the brace.**
- Please call the office at 310-248-7320 (front desk) to make your first post-op appointment. This appointment should be made 10-17 days after your

surgery. **At this appointment, we will review any medications that you are taking and revise instructions on your activity.**

- Your second post-operative visit is made approximately 6 weeks after surgery. At this visit, x-rays will be taken if needed.
- Physical therapy will begin several weeks after surgery, if needed. **This will be addressed during your second post-operative visit.**
- If you need any refills on your medication following surgery, please have your pharmacy contact our office or **have the pharmacy fax prescription refills to 310-601-4592. Please note there is a 24-hour call back turnaround time. Medications will not be refilled on the weekends.**
- If you plan on having any dental work after surgery, we do recommend antibiotic prophylaxis up to one year after surgery. Please contact the office regarding a prescription or have your dental office give you a prescription.
- If you have an emergency or need to speak to a doctor regarding an urgent matter and it is not during normal business hours of 8am-4:30pm Monday through Friday, or on the weekends, please go to the nearest Emergency Room. **Please do not leave a voicemail on the direct office telephone numbers on weekends or after hours as your call will not be returned.**

NOTE REGARDING POST OP MEDICATIONS

Dr. Kropf is a surgeon and is only able to prescribe medications to you up to 30 days post-op. If you think you will continue needing medication past that time please coordinate this with your primary care physician or pain management specialist.