



Recommendations after discharge in spine patients



While wishing you good health and complete recovery, please pay attention to the following points regarding the necessary care at home.

1. Wear your medical belt when walking and sitting. But it is not necessary to close it while sleeping.
2. You can take a bath three days after the operation. It is better to cover the wound with a waterproof dressing (prepared dressings).
3. Keep the stitches dry and clean for 7 days after discharge and cover the wound with a dry dressing. If the dressing area becomes wet or bloody. Replace it.
4. The dressing should be changed every other day. The dressing should be done with betadine and washing serum. Avoid betadine remaining on the surgical wound.
5. In case of symptoms such as fever, redness, swelling and warmth at the operation site, go to the hospital emergency room.
6. In the first few days, most patients experience pain, stiffness and muscle cramps in their lower back. This condition is felt more in the morning after waking up or after staying still for a long time.
7. It is normal to feel pain and numbness in the legs in the first few days, which will disappear over time.
8. Avoid weight gain and keep your weight in a balanced range. (If you are overweight, try to reduce your weight.)
9. In the first months after surgery, avoid lifting objects, bending or turning your back.
10. Increase daily activities gradually and tolerable and avoid heavy work for 2 to 3 months after surgery.
11. When you want to stand somewhere for a long time, put one foot on the step or stool.

12. If you have to sit on a chair for a long time, it is better to get up and walk every half hour for different reasons and give your body stretching movements.

13. Use a firm and suitable mattress when sleeping.

14. The best position is to sleep on your side. While the knees are slightly bent and a small pillow is placed between the two knees.. If you sleep on your back, it is better to place a pillow under the knees and a small pillow under the waist.

15. To get out of bed, first turn to the side of the bed and hang your legs from the bed and sit with the help of your hands.

16. Avoid wearing high heels.

17. Avoid sexual relations during the first ten days after surgery.

18. After the first appointment with the doctor after discharge, you can drive if allowed by the doctor.

19. Please pay attention to the time and date of visiting the clinic that is recorded in the clinic appointment card.