



Minuteman - Post Operative Instructions

- Home Care:**
1. Arrange your house to make items within reach
 2. Remove trip hazards, electric cords, rugs, etc
 3. Use a walker or handrails until your balance, flexibility, and strength improve
 4. Use chairs with arms. The arms make it easier to lift off to stand.
 5. Do not stay in bed all day, you need to be up and move to avoid blood clots.
- Incision Care:** You may remove your dressing on the day after surgery BEFORE showering. If Surgical Glue is used expect it to slowly peel off within 14 days. Please call us with any changes or concerns such as: increased swelling, redness, or drainage at incision site, or temperature greater than 101°. (Clear liquid drainage in the first 24 hours is normal)
- Bathing:** You may **shower** on the day after surgery after dressing is removed; avoid scrubbing the incision site for the first 5 days.
No baths or swimming until approved by the physician or physician assistant at your follow up appointment.
- Restrictions:** Limit bending, lifting, twisting and any strenuous activity such as running, golfing, tennis, or sexual activity for 2 weeks.
1. No extreme flexion (bending) or twisting
 2. Avoid lifting more than 5 pounds
 3. Avoid sudden movements
 4. Do not sit for more than 45 minutes at a time for the first week
- Exercise:** After 3 days you may increase your light activity, such as walking, as tolerated. Frequent short walks are good for recovery
- Driving:** You may drive 10 days after the procedure if you feel okay to do so. Do not drive if you are taking pain medications.
- Brace:** A back brace will be prescribed only to patients who need them. It is not routine.
- Diet:** Eat a healthy diet to promote healing.
- Smoking:** No smoking. Smoking can stop the bone healing needed to heal from this surgery.
- Medications:**
1. Take your medicines as prescribed
 2. No NSAIDS (non-steroidal anti-inflammatory medications) for 2 months. They stop bone from healing.
- Follow-Up:** You will have a post-operative appointment approximately 14 days after surgery.

If you have any questions or concerns, please contact our office Triage Line at 734-547-4850. If it is AFTER HOURS call the Answering service at 734-572-7418.