



## **Post-Operative Instructions – Vertiflex- Minuteman**

### **General Instructions:**

You may feel lightheaded, dizzy, and fatigued. The sedation may impair your judgement and coordination. We recommend:

- **Do Not** sign any legal documents or make any important decisions for 24 hours.
- **No** alcoholic beverages for 24 hours and/or while taking pain medications.
- **No** driving for 24 hours.
- You need a responsible adult to remain with you for the remainder of the day for your safety and to assist you with your activities.
- Advance to a normal diet as tolerated.
- Avoid baths, pools, hot tubs, and the ocean for a minimum of 2 weeks to avoid infection or until cleared by your physician.
- Cough and deep breathe frequently to promote good lung function.

### **Prescription Medications:**

- Take antibiotics as prescribed by physician to avoid an infection.
- Patients (**Minuteman**) who received a **DBM Allograft** should **not** take NSAIDS for 6 weeks. Allograft was used to promote bone grafting.
- Take pain medicine as prescribed by MD. (Recommended to take with food to avoid nausea)
- Resume your blood thinner tomorrow.
- Resume all your normal medication, unless otherwise instructed by your physician.

### **Activity:**

- Rest for 24 hours. You may be up and about to take care of your personal needs but avoid any strenuous activity.
- **DO NOT** lift more than 8 LBS. (gallon of milk). Avoid pushing or pulling activities. Avoid bending or twisting at the waist. Bend at the knees (squat) not the waist when picking up objects. For 6 weeks or until cleared by your physician.
- Avoid sitting for longer than 45-60 minutes. This may increase your discomfort. Take a 10-minute break to get up and move around or lie down before sitting again.

### **Exercise:**

- Walking is the best "exercise" after surgery, and you need to walk **DAILY**. You should not engage in any other exercise until instructed by your physician. Gradually increase the distance you walk. You should increase your distance until you can walk about a mile within 1 to 2 months after surgery. Avoid high heels for the first month after surgery.

### **Incisional Care:**

- Keep all dressings clean and dry.
- A small amount of blood/drainage on the dressing is normal.
- You may experience some discomfort from the procedure. We recommend you use ice for pain; however, you must keep your dressing dry and intact. Apply to site 15-20 minutes, remove for 20 minutes to allow skin to return to normal temperature.
- **Do Not** apply heat until after your incision is healed.
- A small amount of bleeding may occur on your dressing. If it seems excessive, call your physician's office.
- You may have some bruising and swelling around the surgical site. It will be tender and to some degree painful for up to one month. The pain will diminish slowly. There will be some redness along the line of the incision for up to 6 (six) months.

### **Follow-up Appointment:**



Call your physician's office tomorrow to schedule a post-operative appointment if you do not already have one. You will need to be seen within the next 7-14 days. If you have any questions or concerns, please don't hesitate to contact us at (949) 718-3600

**Signs and Symptoms to Report to your Doctor; if you are unable to reach your doctor we recommend going to a nearby hospital for medical treatment.**

- Fever greater than 101 degrees.
- Redness, swelling, or excessive bleeding.
- Foul smelling drainage from the incision.
- Persistent nausea or vomiting.
- If you experience out of control pain or severe headache ie: pain that is not relieved with your prescription pain medications.
- If you experience any sudden increase in numbness or weakness of your extremities.

**Call 911 Immediately for any difficulty breathing, profuse bleeding, or difficulty arousing patient.**