

**DenverSPINECenter**  
**DISCHARGE INSTRUCTIONS – SANJAY JATANA M.D.**

NAME:

Discharge Date:

**ACTIVITY AT HOME**

Gradually increase time spent out of bed daily. You will require several rest periods during the first two weeks after discharge. As your endurance increases, you will require fewer rest periods. Develop a walking program that will gradually increase in distance. You should start by walking the distance of one house and increase daily. You may climb stairs, however, have someone with you at first until you feel confident with this activity.

**RESTRICTIONS**

You are restricted from lifting more than eight to ten pounds, (i.e. a gallon of milk is approximately eight pounds.) No bending, twisting or stooping motion of the spine. Do not participate in any sports or strenuous recreational activity until you receive specific instructions from your doctor. You may sit any length of time desired.

**BRACE**     Neck –Wear 24 hours a day.         Back – Wear when you are out of bed more than 10 minutes. The brace should be worn snug, with a T-shirt under it. You may sleep without your brace.

**PERSONAL HYGIENE**

You may take a shower out of your brace but do not move excessively. Do not use lotion or powder on your skin under the brace/or neck collar. Use a chair in the shower stall, so that you can sit during your shower. This will allow you to have your hands free to wash without fear of falling.

**MEDICATIONS**

You will be given the following prescriptions. Please follow the directions on the bottle.

- Anti-inflammatory, tapering dose
- Pain Medication

Other \_\_\_\_\_

A stool softener (Colace, Pericolace, Metamucil etc.) is recommended to help with constipation.

**NUTRITION & INCISIONAL CARE**

Resume your regular diet. Four to six small meals per day may be better tolerated until your appetite returns. Foods high in iron content such as red meat, liver, spinach, asparagus and broccoli will help improve your blood counts. Calcium is important. Three to four eight ounce glasses of milk if tolerated per day are recommended.

Your incision should remain clean and dry. You may keep it covered during showers, after shower remove wet outer dressing, dry area gently then apply clean gauze dressing. You should keep the inner dressings (thin strips) dry till further notice. You may change the outer dressing as needed with gauze pads and tape. No lotions, powder, or oils are to be placed on the incision till further notice. Watch your incision(s) for signs of infection, i.e., redness, swelling or drainage. If you notice any of these signs of infection, please call the office to inform your doctor.

**OTHER INSTRUCTIONS**

If you develop a fever greater than 101 degrees F, notify your doctor. If you are experiencing any unusual symptoms: weakness, extreme pain, nausea or vomiting, unable to swallow, difficulty breathing, swelling in the throat, unable to void or go to the bathroom, notify your doctor.

If you have any questions, once you return home, please call the office Monday through Friday from 9:00 a.m. to 5:00 p.m at **303-783-1300**.

**If there is an emergency situation at night or on the weekend, call the office 303-783-1300 or 911.**

See also [www.denverspine.com](http://www.denverspine.com)

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Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Sanjay Jatana, MD

\_\_\_\_\_  
Date