



Dr Sai Viksheth Raj B

SPINE AND SCOLIOSIS SPECIALIST

DR. SAI'S POST-OP INSTRUCTIONS

To optimize your recovery, please follow the guidelines below for 6 weeks after surgery:

- **Lifting & Movement:** Avoid lifting anything heavier than **4 kg**. Refrain from bending, twisting, or rotating your neck or back.
- **Lifestyle Modifications:** Do not smoke, and avoid sitting or standing for more than **30 minutes continuously**.
- **Physical Activity:** Begin daily walks as tolerated, gradually increasing up to **40 minutes** per day.
- **Nutrition & Supplements:** Ensure adequate calcium intake and take a **daily vitamin D supplement** for bone health.
- **Medications:** Take pain relievers and muscle relaxants **only as needed**, and gradually discontinue them as tolerated.
- **Driving Restrictions:** Do not drive while taking painkillers or muscle relaxants.
- **Brace Usage:** If discharged with a **cervical collar or lumbar brace**, wear it while out of bed for **6 weeks post-surgery**.
- **Wound Care:**
 - Wound inspection and dressing changes should be done **every 3rd day** at a local clinic.
 - A **picture of the wound** should be sent via WhatsApp for remote assessment.
 - Keep the dressing clean and opt for a **sponge bath** until sutures are removed.
 - **Suture removal** will be performed **2 weeks post-surgery** at the hospital.

Follow these guidelines for a smooth recovery and consult us immediately if you experience any unusual symptoms like **Fever, Weakness in limbs, Excessive soakage of wound, Bowel and bladder dysfunction**.