

**Department of Orthopaedic Surgery**

601 North Caroline Street / Room 5253  
Baltimore, MD 21287-0882  
410-955-9135 Office  
410-287-5995 Fax

**Michael C. Ain, M.D.**

*Associate Professor, Orthopaedic and Neurosurgery*



## **Spine Discharge Instructions For Dr. Michael C. Ain**

We hope these instructions will answer all of your needs when you are at home. If not, feel free to call our office at any time. If you need to contact us, it is best to call Dr. Ain's office at 410.955.3135, Monday to Friday, from 8:30 a.m. to 4:30 p.m. If you need to speak with his nurse, Tresie Yost, call 410.955.5455. If you need to call after hours, holidays or weekends, please call 410.955.6070, and ask to speak with the Pediatric Orthopaedic Resident on call. For follow up appointments, please call Dr. Ain's office and speak with Brenda Oleszczuk.

**Follow-up appointments/xrays:** Please call the day you go home to schedule an appointment for 6 weeks after the operation. We want to provide an appointment that is both convenient for you and within the specified time period. You will also need xrays at that time. We prefer you to have the xrays done here at Hopkins, however, if your insurance does not cover your xrays to be done at Johns Hopkins, you will need to arrange for xrays at a facility that is approved by your insurance. You will need standing, PA, and lateral T1 to S1 of your spine. Get the orders from your PCP or call Tresie for this. Bring these xrays with you to the follow-up appointment.

**Surgical Site:** Please observe incision; look for signs of increased swelling, redness or drainage. If you have a temperature of more than 101.5 more than once or increased swelling, redness or drainage, please call our office. You may bathe or shower 10 days after surgery. Do not soak in a tub or water for 1 month following the surgery.

**Dressings/Braces/Casts:** Dressings may be left off as long as incision is dry. "Steri-Strips" should be allowed to come off by themselves. Braces/casts are not needed, in most cases.

**Bowels/Bladder:** Constipation after surgery is common because of pain medication. Do not let this persist. Try raisins, prunes, fruit and bran to help with this. If these do not work, you can use an over the counter laxative, i.e. Senekot. If you have sudden loss of bowel/bladder control, contact our office immediately.

**Activity:** No twisting, jumping, running, or high impact activities for 6 months. No lifting more than 3-5 pounds for the first 3 months. No lifting higher than 10 pounds for the next 3 months. No swimming for 1 year. No diving or contact sports for lifetime. You may sit, stand and climb stairs as tolerated. You may walk as much as desired. No bending your back; bend from the hips and knees. Keep your spine straight. You may not feel back to 100% for up to a year after surgery. Physical therapy is typically not needed.

**Driving:** No driving for 6 months.

**School/Work:** You may return when your strength and energy permit. This usually takes 2-6 weeks after surgery. You will need 2 sets of books – 1 for home and 1 for school. Again, **no gym** for 6 months. Notify Tresie if you need any notes or home schooling arranged. Contact school for these forms ahead of time.

**Medication:** Iron (ferrous sulfate), one 325mg tablet three times a day for 4 weeks, if prescribed. Everyone that is not on iron supplements should take a multivitamin with iron supplement for 1 month. If you are taking iron supplements, take a multivitamin that does not contain additional iron. You will be given a prescription for pain medication when you leave the hospital. When this runs out, take over the counter Tylenol.

**Dental Prophylaxis:** This is recommended prior to any dental treatment. Have your dentist order antibiotics according to the American Dental Associations protocol for dental prophylaxis.

**Metallic Implant Card:** If you plan to travel, please contact our office to obtain this card.

**Nutrition and Weight:** It is important to have a healthy diet after surgery. Be sure to include plenty of proteins, fresh fruits, vegetables and plenty of water. This will facilitate healing. It is important to maintain optimal weight, too.