

1. Activity

- Take frequent walks (Walking Program Guide)
- Do not bend at the waist or twist
- Do not lift anything heavier than 10 pounds (weight of 1 gallon of milk)
- Other: _____

2. Diet

- Normal diet with increased fruit, fiber, fluids, vegetables, protein and iron

3. Other Instructions

- Wear _____ brace whenever out of bed
- Do not drive: _____ 4 weeks 6 weeks
May ride in a car after 2 weeks or after staples removed
- Do not get incision(s) wet
- Cover wound(s) with plastic dressings when showering. No tub baths or hot tubs.
- Call physician for any increase in pain, numbness, tingling, drainage, or temperature greater than 101°F
- If wound drainage: cover wound, sponge bath daily, and notify M.D.
- May get in pool after 3 weeks - when wound is healed
- Other: _____

Physician Signature

Date/Time

Nurse Signature

Date/Time

Patient Signature

Date/Time