

Use common sense. **If it hurts, stop and do not do it!**

If a brace has been supplied for you, follow these instructions:

Back Brace (Warm & Form, LSO, TLSO) - wear a brace whenever you are out of bed. The brace does not have to be worn for short bathroom trips at night.

Cervical Collar (Philadelphia, Miami, Aspen) - wear brace 24 hours a day, 7 days a week.

***Note:** It is a good idea to wean out of any brace, once the physician releases you from wearing it, to prevent muscle soreness and fatigue.

You may shower during the immediate post-operative period at home.

- Keep your wound clean and dry. When showering, cover the incision with clear, plastic dressings provided by the hospital at discharge. Cover your incision(s) when showering, until your staples have been removed or 10-14 days after surgery.
- You only need to cover your incision for showering. A dressing is not needed after discharged from the hospital unless otherwise specified, except for comfort purposes.
- If drainage occurs, cover the incision with a dressing and contact the doctor's office for instructions.
- Do not submerge in a bathtub, hot tub, or whirlpool until after your scheduled follow-up visit and the physician has released you to do so.

Do not use lotions, creams, ointments, etc. on your incision until at least one week after your staples have been removed or 21 days after surgery.

Do not go into a pool until 30 days after surgery.