



Discharge Instructions Following Surgery

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INSTRUCTIONS:

- No lifting more than 10 pounds, no bending, no twisting until follow up visit
- Wear brace when out of bed
- Ok to shampoo hair and shower, however, do not scrub or submerge incision until evaluated post-operatively in clinic
- Ok to walk as tolerated, avoid bed rest and prolonged sitting
- No contact sports until after post-operative visit
- No high impact activities such as running/jogging, snowmobile or 4-wheeler riding or any other recreational vehicles
- DO NOT take NSAIDS (ibuprofen, Advil, Aleve, naproxen, etc.) for pain control
- You may take Tylenol (acetaminophen)
- Do NOT drive while taking narcotic pain medication

Call TCO at **952-808-3000** for increasing redness, swelling, drainage from the incision, and/or increased pain or any other questions and concerns