



## Ryan J. Hoel, MD

Care Coordinator Phone: 952-456-7423

### Instructions for Pediatric Scoliosis Surgical Patients

#### PRE-OPERATIVE INSTRUCTIONS (BEFORE SURGERY):

1. Do not have anything to eat after midnight the night before your surgery or 8 hours before if your surgery is scheduled after 12:00 pm. You may have clear liquids up to 4 hours before surgery, then nothing. You may take your morning medications with a few small sips of water. Please check with your primary doctor or other physicians regarding which medications should and should not be taken the morning of surgery.
2. A complete Pre-operative History & Physical must be completed by your pediatrician a maximum of 14 days before your surgery date. A copy of the exam should be faxed to the hospital where the surgery will be performed. You need to provide your doctor with the following:
  - a. The date of your surgery
  - b. The name of the surgeon performing the surgery
  - c. The hospital where the surgery will be performed.
3. The evening before your surgery either bathe or shower scrubbing for 5 minutes with an antibacterial soap (Dial) and wear freshly laundered clothing to the hospital.
  - a. Scrub your shoulders, upper and lower back and buttock area.
4. **STOP** Ibuprofen, Motrin, Advil, Aspirin, Aleve (Naproxen), Bayer, or Excedrin 5 days before surgery. **Only Tylenol or (acetaminophen) based medications are okay during this time frame.**
5. To obtain maximum healing results it is imperative that all smokers are smoke free for a minimum of 1 month before surgery and 6 months after surgery.

#### POST-OPERATIVE INSTRUCTIONS (AFTER SURGERY):

##### Incision/Wound Care:

1. If you are discharged from the hospital with a dressing over your incision you may remove it 2 days after leaving the hospital. It is common for some drainage or bleeding to occur. You may reinforce the bandage if a small amount of blood seeps through. Ice/cool packs will help with swelling, bleeding and incisional pain.
2. You may take a shower normally without covering the wound. But **do not** scrub the wound, or immerse in water such as (bath).

3. Please look at your incisions daily and call my care coordinator at 952-456-7423 immediately if you notice any redness, swelling, drainage, or if you develop a fever greater than 101. If after hours or weekends call 952-456-7000 and speak to the on-call physician.
6. Avoid wearing tight clothing over your incisions.
7. Absolutely no bathtubs, hot tubs, swimming in pools or lakes, or any submersion/soaking before the incision is completely healed (no open areas or scabs are present) and you see Dr. Hoel in clinic for your post op visit.

## POST OPERATIVE ACTIVITY LIMITATIONS

1. No lifting over 10 pounds (gallon of milk) above your chest or below your waist.
2. Avoid repetitive twisting or bending i.e. raking, sweeping, shoveling etc.
3. Walking stimulates the healing process. Dr. Hoel wants you to accomplish a minimum of 45 minutes of **sustained** walking per day for exercise. You are encouraged to walk several times a day and there is no limit on how far you can walk. In the beginning you may only be able to walk 5-15 minutes at a time that is okay just do this a minimum of 4-10x/day.
4. You may return to school when you are no longer taking the narcotic pain medication. You must observe the 10-pound lifting restriction (nothing below waist or above chest), frequent change of position from sit, stand, and walking and avoid repetitive bending and twisting. You cannot carry a backpack for three months.
5. Advancement of physical activities will be discussed at each follow up appointment with Dr. Hoel. Physical therapy, if needed, will also be discussed at each appointment.

## POST OPERATIVE MEDICATIONS

1. **DO NOT** take Ibuprofen, Motrin, Advil, Aleve or any other anti-inflammatory medication or aspirin products for **3 months** after surgery. **Only Tylenol or Tylenol based medications are okay during this time frame.**
2. Narcotic pain medications will also cause constipation. Using over the counter stool softeners, drinking plenty of fluids, ambulation, and good nutrition can help prevent this from occurring.

**If you have any questions regarding these instructions please contact Dr. Hoel's Care Coordinator at 952-456-7423.**