



Hunt Brain and Spine Institute Dr. Leonel Hunt M.D.

Your surgery has finally been completed. Now it's time to rest and recover. I'm sure that you have some questions regarding what you can and cannot do in the next few days before you come in for your post-operative visit. Here is a list of instructions to help you with this period:

PLEASE FOLLOW THE FOLLOWING INSTRUCTIONS AFTER YOUR SURGERY:

1. **NO** bending, **NO** lifting greater than 5 pounds and **NO** twisting.

WOUND CARE

1. You can start taking a shower tomorrow. Please make sure that the bandage remains on when showering.
2. Please keep dressing intact for three days after surgery. The only exception is if the dressing gets saturated with blood **OR** if it gets wet in the water; in these cases it is ok to replace the gauze and dressing.
3. Three days after surgery, you can take off the gauze and the plastic dressing after your shower.
4. Please keep brown tape which is under the gauze in place until you come in for your follow up visit with Dr. Leonel Hunt. **DO NOT** worry if this brown tape falls off on its own.
5. Please use ice packs on the surgical site for 20 minutes at a time, several times a day. Make sure the ice pack is **NOT** in direct contact with your skin.

If you have any additional questions, please do not hesitate to contact us at (310) 423 9834.