Duke Raleigh Hospital
DUKE UNIVERSITY HEALTH SYSTEM

Duke Neurosurgery Discharge Instructions

These are instructions for your care following:
Kyphoplasty (placement of bone cement in the bones of the back) with **Dr. Grossi**

Diet:
- You may resume your normal diet.
- You can help avoid constipation by eating a balanced diet including: fruits, vegetables, and whole grains (like multi-grain bread, cereals, and bran muffins).
- You may also take fiber supplements and over-the-counter stool softeners or laxatives such as Colace or Dulcolax

Activity:
- Walk at least three times a day and gradually increase your distance and light activities each day.
- Do not exercise other than walking until after your first 6 week office visit.
- Do not sit longer than one hour at a time for the first two weeks – get up and move around.
- You will be more comfortable reclining in an easy chair or on pillows in bed than sitting upright.
- Avoid twisting, turning, stopping, bending or reaching over your head for six weeks.
- Do not return to the gym, play golf, swim, run, mow grass until 2 months after surgery.
- Avoid exercises like aerobics, heavy house cleaning and lifting over 5-10 pounds (a gallon of milk weighs 8.5 pounds).
- Do not drive if you are taking pain medications, muscle relaxants, or if you are in pain.
- You may resume sexual activity when this is comfortable for you.
- You can return to work when you feel ready. However, you must stay within the 5-10 pound weight lifting restriction – half days might be better at first.

Wound Care:

- The small incisions in your back are closed with dissolvable stitches under the skin and skin glue.
    - You may shower **three days after surgery**, but do not soak the incision in a bathtub or pool for 4 weeks.
    - You do not have to have any stitches removed. There will be a small amount of surgical glue on the incision. You may peel off the leftover glue after 1 week if it is still attached.

Pain:
- The second day after surgery will be the most painful due to swelling and the anesthetic wearing off.

Medication:
- Take all of your medications as ordered. You do not have to take pain medication unless it is needed. It is important that you are able to cough, breathe deeply, and be comfortable enough to walk.
- Do not use alcohol while taking pain medication.
- Medications that may be prescribed include:
    - Pain medication such as Percocet or Vicodin
    - You may take an over-the counter pain medication such as Ibuprofen (400-800 mg every 8 hours) or Tylenol (500-1000 mg every 4-6 hours) for pain and inflammation.
    - An over the counter stool softener for constipation (try Dulcolax, Milk of Magnesia or Correctal at first and Magnesium Citrate or Fleets enema if needed) – anesthesia and pain medication may cause constipation
- Notify the office if you need refills before your return appointment.

Questions/Concerns:

Call the doctor at (919) 862-5650 if you have:

- a temperature of 101°F or above
- increased redness, soreness, swelling or foul-smelling drainage from the incision
- inadequate pain relief
- shortness of breath
- any other concerns

Follow Up:

An appointment has been made for you in the clinic after surgery on

_____ at _____.

Call our office for any concerns you may have at (919) 862-5650