

Outpatient Discharge Instructions for a Dorsal Column Stimulator

Summit Orthopedic Surgery

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Activity

- No lifting more than 15 pounds or overhead activity
- No bending or twisting at the waist
- No restrictions with sitting, standing walking or stairs

Incision Care

- The Aquacel dressing on your neck is waterproof. You shower with it in place. The dressing remains in place until your first follow up in the office. If the dressing becomes soiled or comes off, replace with occlusive gauze dressing.

Discharge Medications

- Keflex 500mg, take one tablet by mouth every 6 hours for 24 hours (Antibiotic)
- Oxycodone 5mg, take 1-2 tablets by mouth every 4-6 hours, as need for pain. Side effects include dizziness, drowsiness, and constipation.
- Flexeril 10g, take 1 tablet every 8 hours, as needed for spasms. Side effects include drowsiness

Do not restart aspirin, blood thinners, or anti-inflammatory medications (Aleve, ibuprofen, Advil, Motrin) until advised by Dr. Goldsmith.

Follow-up with Dr. Goldsmith in 10-14 days. Please call our office at (301)657-9876 option 3 to make an appointment.

Call our office immediately if you experience increased or new weakness in arms/legs, difficulty with balance, loss of bladder control, difficulty breathing, or a fever >101.