



**SURGICAL ASSOCIATES
PC**

2900 12th Ave North, Suite 355W, Billings, MT 59101
(P) 406-238-6470 / (F) 406-238-6499
www.billingsurgeons.org

DENNIS W. MAIER, M.D., F.A.C.S.
GEORGE K. BENTZEL, M.D., F.A.C.S.
JEFFREY J. RENTZ, M.D., F.A.C.S.
MICHAEL G. WILCOX, M.D., F.A.C.S.

ERIC R. DRINGMAN, M.D., F.A.C.S.
KATHRYN F. HATCH, M.D., F.A.C.S.
BARRY A. McKENZIE, M.D., F.A.C.S.
RACHEL L. OTT, M.D.

Recovery after Abdominal Spine Exposure

Wound Care

Leave the outer dressing in place for 24-48 hours. Steri-strips may be placed and should remain for 7-10 days.

Rinse the wound in the shower 24-48 hours after surgery. It is not necessary to scrub the wound and it is fine to get soap on the incision. Do not submerge the wound in a bath, pool or hot tub for one week. Do not apply any cleansers or ointments to the incision unless directed by your surgeon. If you want to apply another dressing make sure it is changed daily.

Common Findings

It is normal to experience minor swelling, bruising, and light redness in the skin next to the incision.

Common Narcotic Side Effects and Prevention

- Nausea - take the medication with a little food
- Light headedness - keep hydrated
- Constipation - see below
- Do not drive for a day after taking narcotics

Constipation Prevention

Constipation usually resolves when you are more active, eating a balanced diet and stop taking narcotics. If you are prone to constipation, then take a stool softener (Colace) or cathartic (Senokot-S, Miralax, Milk of Magnesia) 1-2 days prior to surgery. We suggest taking a cathartic while you take narcotics. If you feel bloated, take the medication twice a day or add a second cathartic medication. Stop the medications if your stools are loose.

Call Your Surgeon* for any of the Following Concerns

- Sustained fever > 101.5 degrees
- Expanding redness or streaking around the incisions
- Pus or foul drainage
- Worsening or excessive pain
- Significant or prolonged bleeding

**Please call your SPINE surgeon's office first. If you are not able to get through then call our office.*

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm.

A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.