



3299 North Wellness Drive  
Building C Suite 240  
Holland, Michigan  
49424

phone 616.738.4420  
fax 616.738.4432

## Discharge Instructions Bone Growth Stimulator Removal

Name: \_\_\_\_\_

David W. Lowry, MD, PC  
M. Adam Kremer, MD, PLC  
Scott M. Tuinstra, PA-C, MS  
Jefferson Alferink, PA-C  
*Neurosurgery*

### Medications:

- Take any medications only as directed. A prescription pain reliever will be provided.
- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.

### Diet:

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

### Wound Care:

- Call the office if you have drainage from your wound, separation of wound edges, or increased pain, redness or swelling.
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but do not soak the incision in a tub or pool for at least 10 days after surgery. Dry the incision by blotting, not rubbing.
- You do not need to keep a dressing on the wound.
- Leave the steri-strips on for 10 days after surgery. If their edges curl up, you may trim them carefully with scissors. If they fall off early, don't worry. Re-absorbable sutures are beneath the skin edges and will continue to support the incision while it heals.

Please contact our office to make a follow up appointment if one has not already been scheduled for you below.

Follow-up: Date: \_\_\_\_\_ Time : \_\_\_\_\_ With: \_\_\_\_\_