



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

phone 616.738.4420  
fax 616.738.4432

## Discharge Instructions Intrathecal Pump Implantation

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.

- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.
- Use a muscle relaxant to prevent muscle spasms or severe muscle tightness.

**Diet:**

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

**Activity:**

- Avoid pushing/pulling and lifting over 15 lbs. for four weeks.
- You may remove your Ted Hose stockings once you are as active as you were before surgery.
- Do not drive during the first two weeks after surgery or if you have had any pain medication within four hours. You may ride in a car as a passenger as much as you tolerate.

**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 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.

**Call If You Develop:**

- Nausea and/or vomiting
- Headache and/or stiff neck
- Any difficulty moving your arms or legs
- Any loss of bladder or bowel control
- Redness of wounds or along catheter tracts

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

**You will also need to have your sutures removed 10-14 days after surgery.** Please call us to arrange a time convenient for you.