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## Discharge Instructions Kyphoplasty

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

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*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.
- You may apply heat or ice to your back for muscle spasms.

### Diet:

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

### Activity:

- Avoid lifting over 15 lbs. for six weeks.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- You may remove your Ted Hose stockings once you are consistently walking four times a day.
- Provided that the above restrictions are observed, you may engage in other activities that do not result in worsened pain either at the time of the activity or the following morning.
- Do not drive 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 10 days after surgery. Dry the incision by blotting, not rubbing.
- You do not need to keep a dressing on the wound.

\*Please call to schedule an appointment to be seen 10 days post surgery if one is not scheduled for you below.

Follow-Up: Date: \_\_\_\_\_ Time: \_\_\_\_\_ With:  David W. Lowry, MD  
 Adam Kremer, MD  
 Scott M. Tuinstra, PA-C  
 Jefferson Alferink, PA-C