



The Washington Hospital

## CENTER FOR ORTHOPEDICS AND NEUROSCIENCES

PEOPLE IN MOTION

### Frequently Asked Questions

#### **How long will I be in the hospital following my surgery?**

- Most hospital stays are one to four days. There are certain goals your physicians, nurses and therapists would like you to meet to ensure that you are ready to go home safely.

#### **What are the signs and symptoms of possible infection?**

- Drainage from the incision
- Unusual odor from the incision
- Redness/swelling at the incision
- Increase in pain
- Temperature above 100 degrees

#### **How do I change my dressing? How often?**

- Your wound care is ordered by your individual surgeon and will be instructed to you by your nurse. The wound care instructions will be located on your discharge instruction sheet.

#### **When can I shower?**

- Your surgeon will determine this on your day of discharge; specific instructions will be located on your discharge instruction sheet.

#### **When can I start to drive?**

- Your surgeon will discuss this with you at your post operative office visit.

#### **How soon after the surgery can I return to work?**

- When you are able to return to work will be determined by your surgeon and your individual needs.

#### **When will I need to follow-up with the surgeon?**

- Your follow-up visit with your surgeon is usually within 7 days after your surgery.
- This information will be included on your discharge instruction sheet.

#### **What exercises will I need to do after I am discharged from the hospital?**

- During your hospital stay, you will review your home exercise program with your physical therapist. These exercises will also be done at home.

**Will I need to wear a neck brace after surgery?**

- Your surgeon will determine if this is needed and what type of neck brace you will have after you have your surgery.
- This information will be included on your discharge instruction sheet.

**Will I need to wear a back brace after surgery?**

- Your surgeon will determine if this is needed and what type of back brace you will have after you have your surgery.
- This information will be included on your discharge instruction sheet.