



## MICHAEL J. DORSI, MD

Ventura County Neurosurgical Associates Medical Group

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### DISCHARGE INSTRUCTIONS

WOUND CARE: Your incision has been closed with sutures underneath your skin. There is no need for suture removal. Glue has been applied to the outer layer of skin. This will likely flake off over the next week. Do not apply any products to the incision.

You may shower 48hrs after surgery. Do not soak in a tub, pool, or ocean until 3 weeks after surgery.

Notify Dr. Dorsi if you notice redness, swelling, or drainage from the incision.

MEDICATIONS: Continue all medications that were prescribed prior to surgery. If you were previously on aspirin and it was held for surgery, you may resume taking aspirin 7 days after surgery

New Prescriptions:

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Over the counter:

Colace (stool softener) 100mg, take 1 every 12h while on oxycodone

Tylenol 650mg every 4hr as needed for pain

Ibuprofen 600mg every 8hrs as needed for pain

ACTIVITY: You may walk around, but do not overdue it. Avoid strenuous, jarring activities and sudden movements. Avoid lifting over 10lbs. Avoid bending at the waist and twisting. You may go up and down stairs.

FOLLOW-UP: You are scheduled to see Dr. Dorsi \_\_\_\_\_

**IF ANY NEW CONCERNS OR QUESTIONS ARISE, PLEASE DO NOT HESITATE TO CONTACT DR. DORSI.**