

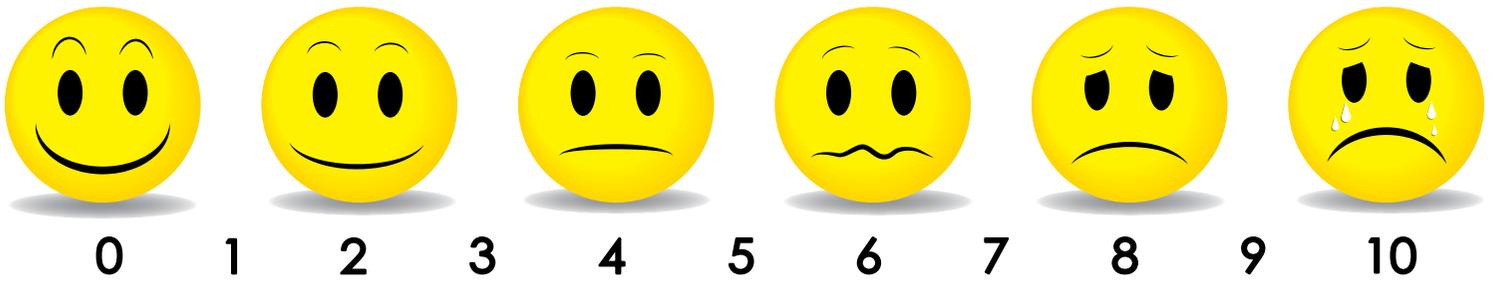
Recovery

The surgery will take approximately two to three hours. You will spend about one hour in the recovery room, then you will be taken to your room on the second floor. Your doctor will usually meet with your family in the waiting area after your surgery.

After surgery, some pain is to be expected as you recover. The amount and intensity of the pain experienced differs from one person to another. No two people are exactly alike.

While having some degree of pain is unavoidable, our goal is to make your stay with us, and your recovery period at home, as comfortable as possible.

You will be asked to rate your pain. This will help us know how your medication and other comfort measures are helping. You can use a number or choose a face on the scale that best rates your pain.



PAIN MANAGEMENT

Pain management after spinal surgery varies greatly from person to person.

In general, most patients have the most intense pain during the first week. At certain times of the day, your discomfort can be more intense. Although post-surgical pain is a normal part of the healing process, severe pain is not.

When discharged from the hospital, your doctor will prescribe the medication that has been most successful in managing your pain during your hospitalization. Pain is best managed if you follow these guidelines:

- » Do not allow your pain to become severe before taking pain medication. Pain medication generally starts working in **30 min** and peaks at **60 min**.
- » Pain is a Red Flag telling you to rest. Avoid using pain medication for the purpose of pushing through an activity that you know will cause pain.
- » In general, the first few days at home can be the most painful. Assess and Address your pain level frequently as you learn to manage and balance your swelling, activity and pain cycle.
- » Your pain medication will be prescribed every 4-6 hours **as needed**. Please evaluate sedation level and side effects before taking medication to prevent overmedicating.