



DANIEL S. YANNI, MD
NEUROSURGEON &
SPINE SURGEON

Rules for After Surgery

- Your first dressing stays on for 48 hours.
- Patients may shower with that dressing.
- After 48 hours, dressing should be removed, and the paper strips stay on.
- Cover the incision only during showering with waterproof dressings and remove the dressing after the shower.

- *Always keep the incision clean and dry at all times *
- * No NSAID's or Steroids*
- * Take Ca2 and Vitamin D Daily*
- * No strenuous activity*
- * No bending, lifting, or twisting*
- * No lifting great than 5lbs.*

If applicable:

Keep back brace or cervical collar on until cleared