



ADVANCED PAIN MANAGEMENT
OF CENTRAL INDIANA
Targeted Pain Relief.

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DISCHARGE INSTRUCTIONS FOR VERTIFLEX SUPERION PROCEDURE

A surgical dressing has been applied to the surgical site. Keep the area clean and dry. If the dressing gets wet, you may change the dressing applying a sterile gauze dressing.

After 72 hours, you may take the dressing off and shower. Do not scrub the area vigorously.

Activity restrictions:

For 6-8 weeks, limit all lifting, bending and strenuous activity

Avoid lifting any weight over 10 pounds

Avoid large bending of the spine, especially twisting

Avoid strenuous activity such as swimming, golf, tennis, jogging/running or sexual Activity

Increase light activity, such as walking, as tolerated.

Contact the office for any changes in the wound such as increasing redness, bleeding, swelling.