

DISC Surgery Center at Palm Beach

What to Expect After Spine Surgery

What You Need to Know

After your procedure is complete, you will be moved to the recovery area within the surgery center. Recovery time varies depending on the individual and the type of procedure performed.

Our clinical staff will monitor your vital signs and overall condition as you awaken from anesthesia. When you are medically stable and discharge criteria are met, you will be prepared for discharge.

Your designated adult companion will be contacted to join you prior to discharge.

Before You Leave the Surgery Center

Prior to discharge, a member of your care team will review:

- Postoperative instructions
- Activity guidelines
- Wound care instructions
- Medication instructions
- Signs and symptoms that require medical attention

You will receive written discharge instructions to take home.

If prescriptions are required, your surgeon will provide appropriate orders in accordance with your procedure and medical needs.

A responsible adult must drive you home and remain with you as instructed by your surgeon.

Recovering at Home

Recovery varies for each patient and depends on the specific procedure performed.

It is important to:

- Follow your surgeon's postoperative instructions
- Take medications only as prescribed
- Keep your incision clean and dry as instructed
- Attend scheduled follow-up appointments

Your surgeon's office will provide details regarding follow-up visits, which commonly occur within the first few weeks after surgery.

Pain Management

Some discomfort after surgery is expected. Your physician will provide instructions regarding medication use and other measures to support recovery.

If you have questions about pain control or medication instructions, contact your surgeon's office.

When to Contact Your Physician

Contact your surgeon or seek medical attention if you experience:

- Fever

- Increasing redness, swelling, or drainage at the incision site
- Uncontrolled pain
- Shortness of breath
- Any concerning or unexpected symptoms

For urgent or emergent concerns, call 911 or go to the nearest emergency room.

Your discharge paperwork will include contact information for after-hours concerns.

After Surgery Checklist

After surgery, I have:

- A responsible adult to drive me home and assist if needed
- My prescribed medications and understand how to take them
- Written discharge instructions
- Supplies needed for home recovery
- Follow-up appointment information
- Contact information for questions or urgent concerns

Emergency Instructions

If you experience chest pain, difficulty breathing, severe bleeding, or any life-threatening symptoms, call 911 or go to the nearest emergency room immediately.

For urgent but non-life-threatening concerns related to your surgery, contact your surgeon's office using the phone number provided in your discharge paperwork.

Important Reminder

This guide provides general information regarding recovery after outpatient spine surgery at DISC Surgery Center. It does not replace medical advice from your physician.

Always follow the specific instructions provided by your surgeon and care team.

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