Skin condition.
Check the dressing of the wound is clean and dry
A report will say when you should visit the nurse to remove the stitches.

EXERCISE AND MOBILITY:

- Remember that you can gradually increase your physical activity.
- You should begin to walk as directed by your surgeon and gradually increase as much as possible without being tired or feeling pain.
- Use the brace.
- Climb stairs sparingly
- You must bend your knees and deep your back straight when standing or lifting.
- Get in and out of the shower/bath carefully and avoiding pain.
- Sit a good posture on supportive chairs.
- Must get out of bed rolling the body to the edge of it without twisting your body.

Habits of life:
Alimentation: continue your usual diet with avoiding and gaining weight.

TOILET:
Maintain personal hygiene without wetting the wound dressing. Avoid awkward postures that increase pain.
If you need a corset (in case of fractures), once seated in the tub or shower (preferably placing a stool inside) remove the corset. Then once washed and dried, put it back on again.
In case of fracture and orthopedic treatment:

THE CORSET WILL NOT BE RETIRED DURING THE FIRST MONTH UNDER ANY CIRCUMSTANCES.

DRESSING:
Avoid belts or clothes that squeeze the area of the surgical wound.

Use safe and comfortable low-heeled shoes.

RESTING AND SLEEPING:
You should sleep on a firm, hard mattress. Preferably on your back and side.
HOW TO DECREASE THE PAIN?
Avoid anything that increases pain.
It is best to rest in order to decrease pain.
Take the right medical treatment and always protect the stomach.

YOU MUST RECEIVE MEDICAL ATTENTION IMMEDIATELY WHEN:
- Temperature above 38 degrees.
- Pain that does not subside with treatment.
- Loss of strength or sensitivity in the lower limbs.
- Redness, swelling and blood (or fluid) stained dressing.
- Difficulties controlling your sphincters.
- Impotence or inability to walk.
- Other complications.
- You must go to the center where you have been operated.

THINGS TO KEEP IN MIND:
If you are travelling, do it on short trips and maintain changing your posture.
If you drive (after the first month), the seat should be close to the steering wheel, lumbar support if possible.
From the first month you can workout to strengthen back muscles, always on the advice of your surgeon (swimming, walking)

AS FAR AS POSSIBLE AVOID:
- All activity that increases their pain.
- Lifting heavy objects.
- Sudden and violent movements.
- Twist your body to rise your Gain weight.
- Driving during the first month after your operation.
- Spending a lot of time in the same postures (standing, sitting...)

Recommendations for the patient operated of spine surgery.