

SPINE SURGERY ACTION PLAN

GREEN = NORMAL

YELLOW = WARNING

RED = EMERGENCY



Staying Ahead of Pain



I am staying ahead of my pain, so it does not get severe.

I am having bowel movements every 1 to 3 days.

My incision is clean and dry (bruising and swelling is normal).

I take short frequent walks and change my positions often.



Act soon. Call your doctor within 24 hours.



I have new difficulty walking and/or increased weakness in my leg(s) or arm(s).

I had a fall that has made it difficult to walk.



I have severe pain that does not feel better with medicine.

I have new difficulty swallowing.



I have severe abdominal pain or a bloated/firm belly (abdominal distension).

I cannot urinate or have a new difficulty holding my urine.

I have not had a bowel movement in 4 to 5 days.



My bandage is filled with blood or my incision is leaking blood.

My incision is more swollen than it was, is breaking open, smells bad, or has green or pus-like discharge.



I have a consistent fever over 101 degrees F.

I have an unusual pain in my calf when I stand, move, touch, or squeeze it.

I have redness, warmth, pain, swelling, or extreme numbness in my leg(s) or arm(s) that is new or different from before surgery.



Call 911 Immediately.



I have chest pain/pressure that does not go away.

I feel like I cannot breathe.

I am coughing up blood or there is blood in my saliva.