

Post-Surgery Checklist

Bombay Spine Clinic™
Patient Recovery Guide

Walking & Activity

- Walk several times daily.
- Increase walking gradually.
- Avoid prolonged bed rest.
- Avoid heavy lifting.
- Avoid sudden bending and twisting.

Wound Care

- Keep dressing clean and dry.
- Follow dressing instructions.
- Watch for redness, swelling or discharge.
- Do not apply creams unless advised.

Medications

- Take medicines as prescribed.
- Complete antibiotics if prescribed.
- Do not stop medicines without medical advice.

Diet & Hydration

- Eat a high-protein diet.
- Include calcium and Vitamin D-rich foods.
- Drink adequate water unless restricted.
- Prevent constipation with fibre-rich foods.

Follow-Up

- Attend scheduled follow-up visits.
- Start physiotherapy only when advised.
- Bring investigations if requested.

Seek Medical Attention If

- Fever.
- Increasing wound discharge.
- Severe worsening pain.

- New weakness or numbness.
- Difficulty walking.
- Loss of bladder or bowel control.
- Chest pain or shortness of breath.

Reminder: Recovery varies according to the surgery performed and your overall health. Follow your surgeon's personalised advice at all times.

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