

POST-SURGICAL RECOVERY GUIDE

Immediate Post-Operative Instructions

The first 72 hours after surgery are essential for safe healing and minimizing complications.

- ◆ **Rest:** Stay off your feet as much as possible. Avoid lifting, bending, or twisting.
- ◆ **Hydration:** Drink at least 6–8 glasses of water daily. This helps flush anesthesia from your system and supports cellular recovery. Avoid alcohol and sugary beverages.
- ◆ **Movement:** Light walking—such as short walks to the bathroom or around the house—is encouraged starting the day after surgery to improve circulation and help prevent blood clots.

Quick Reference Table

Action	Details
Rest	Limit activity; no heavy lifting or twisting
Hydration	Water only; avoid sugary or alcoholic beverages
Mobility	Begin light walking 24 hours after surgery

NUTRITIONAL SUPPLEMENTATION: XR® RECOVERY BUNDLE (*PREFERRED*)

To accelerate healing and reduce complications, patients are strongly encouraged to follow the XR® Recovery Bundle, a physician-designed 2-week program.

XR® Recovery Benefits

- ✔ Reduces inflammation
- ✔ Promotes tissue and wound healing
- ✔ Boosts immune function
- ✔ Restores energy and combats fatigue

Key Features

- ✔ NSF Certified for Sport®
- ✔ Free from sugar, gluten, lactose, and artificial dyes
- ✔ Only 70 calories per serving
- ✔ Mix with water, smoothies, or shakes

Supplement Breakdown

Below is a breakdown of the typical supplements found in XR[®] Recovery or recommended as alternatives

Supplement	Daily Dose	Purpose
Vitamin C	1,000–2,000 mg	Collagen & immune support
Zinc	30 mg	Wound healing
L-Glutamine	5g	Tissue and gut recovery
Magnesium	200–400 mg	Muscle relaxation & sleep support
Curcumin	1,000 mg	Anti-inflammatory
Omega-3s	1,000–2,000 mg	Inflammation reduction
Probiotic	1 capsule/day	Gut health post-antibiotics
Collagen Peptides	10g	Tissue and joint repair
Bromelain	500 mg twice daily	Swelling and bruising reduction

👉 **Begin supplementation the day after surgery and continue for 14 days**

Alternative Protocol (If XR[®] Recovery Is Unavailable)

If you are unable to access the XR[®] Recovery Bundle, you may follow the exact supplement breakdown above by purchasing over-the-counter equivalents from trusted brands. Always consult your provider before starting.

WOUND CARE & BANDAGING

- ◆ Do NOT remove your bandages unless you are explicitly instructed to do so
- ◆ Your surgical site will be evaluated, and the bandage will be removed at your follow-up appointment.
 - ◆ Keep the dressing dry and clean at all times.
 - ◆ Do not apply lotions, ointments, or powders to the surgical area.

Watch for signs of infection:

- ◆ Redness extending beyond the incision
- ◆ Increasing pain or swelling
- ◆ Foul-smelling or discolored drainage
- ◆ Fever over 101°F

SHOWERING GUIDELINES

DO NOT shower for the first 72 hours.

How to Safely Sponge Bathe

- Use a clean, damp washcloth with warm soapy water
- Gently clean your face, underarms, groin, and lower body
- Avoid the surgical site entirely Pat dry gently with a clean towel
- Keep the bandage area completely dry

Timeline	Instructions
0-72 Hours Post-Op	No showering. Sponge bath only. Do not get the incision or bandage wet.
After 72 Hours	Continue sponge bathing only unless advised otherwise. No water exposure to surgical site.

 **No soaking in tubs, swimming pools, or hot tubs for at least 4 weeks.**

PAIN MANAGEMENT

Most post-operative pain can be managed with non-opioid medications.

Medication Options

- ◆ **Acetaminophen (Tylenol):** 500-1,000 mg every 6 hours as needed
- ◆ **Ibuprofen (Advil):** 400-600 mg every 6-8 hours as needed (*unless contraindicated*)
- ◆ **Ice Packs:** Apply for 20 minutes on and 20 minutes off to reduce swelling and discomfort

Pain Control Option	Recommended Use
Acetaminophen	Every 6 hrs for mild-moderate pain
Ibuprofen	Anti-inflammatory, if not contraindicated
Ice therapy	20 on/20 off for swelling
Opioids (<i>if prescribed</i>)	Use only if absolutely necessary

 **Most patients do not need narcotic pain medications after surgery.**

RESUMING BLOOD THINNERS

If you were on blood thinners (e.g., aspirin, Plavix, Eliquis, Xarelto) before surgery, do not resume until cleared by your provider.

Surgical Risk	When to Resume Blood Thinners
Low-risk procedures	24–72 hours post-op
High-risk procedures	3–7 days post-op, once wound is stable

BRACING INSTRUCTIONS FOR SI FUSIONS & NEUROMODULATION PROCEDURES

If you have undergone SI joint fusion or implantation of a spinal cord stimulator, peripheral nerve stimulator, or DRG stimulator, please follow these bracing guidelines:

Wear your back brace at all times when upright (*sitting, standing, or walking*).

You may remove the brace only during

- ◆ Sleep
- ◆ Sponge bath sessions (*no showering during the first 72 hours post-op*)

Important

- ◆ Do not attempt to resume activities without the brace until cleared at your post-op follow-up.
- ◆ Proper bracing ensures stabilization of the surgical site and promotes successful fusion or lead fixation.

WHEN TO CALL THE OFFICE

Contact the practice immediately if you experience any of the following:

- 🩹 Fever over 101°F
- 🩹 Redness or warmth around the incision
- 🩹 Foul-smelling or colored drainage
- 🩹 Uncontrolled or increasing pain
- 🩹 Calf pain, swelling, or tenderness (*possible blood clot*)
- 🩹 Shortness of breath or chest pain (*seek emergency care*)

FOLLOW-UP APPOINTMENT

You will typically have a follow-up visit 7–14 days after surgery

- ✓ Bandages will be removed at this time
- ✓ The incision will be checked for healing
- ✓ Supplementation, mobility, and return to activity will be reassessed
- ✓ Bring a list of current medications and any recovery questions

PHYSICAL THERAPY

Physical therapy is an essential part of recovery for most conditions. For procedures such as sacral fusions, minimally invasive lumbar decompressions, regenerative injections, and radiofrequency ablations, physical therapy typically begins 4 to 8 weeks after the procedure, depending on your individual healing and medical team guidance.

**For personalized guidance, consult Dr. Robert Moghim
or a registered dietitian.**

♥ Your health is our priority—let food, sleep, and preparation be part of your healing journey. ♥

