

Medicines That Affect Bone Healing

Medicines to Take After Spine Surgery

These medicines can be taken for 3 to 6 months after disc replacement surgery. They can also be taken for up to 1 year after spine fusion surgery.

These medicines can help your bones heal more quickly:

- calcium
- vitamin D.

Medicines Not To Take After Fusion Surgery

Do not take these medicines for 6 to 12 months after fusion surgery

These medicines can slow bone healing.

- non-steroidal anti-inflammatory medicines such as ibuprofen (Advil® or Motrin®) and naproxen (Aleve®)
- bisphosphonates such as alendronate (Fosamax®), ibandronate (Boniva®), risedronate (Actonel®), zoledronic acid (Reclast®).

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