

# Your Plan for Leaving the Hospital (Discharge)

## *After Spine Surgery*

### Your Hospital Stay

The number of days you will be in the hospital will depend on how quickly you recover. You will leave the hospital (discharge) when you meet your therapy goals and you are medically stable. This includes:

- taking pain medicines (by mouth) to allow you to do your activities of daily living
- being able to pass urine without problems (or having a plan for this)
- being able to tolerate food
- being able or having a plan for activities of daily living (getting dressed, bathing)
- moving safely with an assistive walking device, if recommended by your health care team
- being able to go up and down stairs, if needed.

Remember, each person's recovery will be different. Your health care team will help guide you through your recovery and help determine a safe discharge plan.

Flip this stick card over to read about **important things to know before discharge**.



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## Important Things to Know Before Discharge

Make sure you know the answers to the following questions before discharge.

- How do I care for my incision?
- What follow-up appointments do I need?
- Do I have activity restrictions?
- Do I understand how important walking is in my recovery?
- Do I understand my new medicines?
- Do I have my discharge medicines or know where to pick them up?

Please ask your driver to be at the hospital the day of discharge at the time your nurse shared with you.



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