



Scott P. Leary, M.D.
Tracy M. Sebastian, PA-C

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(858) 223-2100
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Services

Complex Spine Surgery
MIS: Minimally Invasive Spine Surgery
MIS: Alternatives to Fusion
MIS: Alternatives to Surgery
Artificial Disc Replacement
Stem Cell Therapy
Correction of Spinal Deformity
Correction of Scoliosis
Outpatient Kyphoplasty
Cervical Spine Disease
Lumbar Spine Disease
Skull Base Surgery
Endoscope Assisted Surgery
Acoustic Neuroma
Brain Tumors
Cerebral Aneurysms
Stereotactic Radiosurgery
Pituitary Adenoma
Trigeminal Neuralgia
Workers' Compensation

A member of:

SENTA Neurosurgery:

Scott P. Leary, M.D.
Sanjay Ghosh, M.D.
Alois Zauner, M.D.

Tracy Sebastian, MPAP, PA-C
Amanda W. Gumbert, PA-C
Felix M. Regala, PA-C
Debora Frantz, PA-C

Neurology

Ian M. Purcell, M.D., Ph.D.
Monali Patel, M.D.

Scott P. Leary, M.D.

Diplomate, American Board of Neurological Surgery
Fellowship Trained, Complex Spine Surgery
Minimally Invasive Spine Surgery
Artificial Disc Replacement
Stereotactic Radiosurgery
General Neurosurgery

Your Neurosurgeon was: Dr. Scott P. Leary

Your Diet is: Your throat may feel sore after surgery. We would prefer you eat soft foods (I.e. soups, pastas, mashed potatoes) until soreness resolves, then may advance diet at tolerated

Wound/Skin Care:

- **We placed a skin glue called Dermabond (R) on your incision.**
- **You may leave this wound open to air and wash it daily with soap and water starting tomorrow.**
- **Leave this Dermabond in place for at least two weeks.**
- **You may notice this Dermabond may become discolored. This is normal. Please let us know if the skin surrounding the Dermabond becomes RED or Swollen in appearance.**
- **You do not have any sutures that need to be removed.**

Activity Limitations are as follows:

- ☒ Walk more than 6x/day: it will help you recover faster and may help prevent blood clots in your legs.
- ☒ Wear your ASPEN collar at all times when not in bed or sitting in a chair.
- ☒ Avoid extreme or repetitive range of motion to your neck and avoid extension of your neck to allow your surgery to heal.
- ☒ NO active exercise/contact sports/and avoid lifting or carrying anything over 10 pounds until you are told to do by our office in your follow up appointment.
- ☒ **You may not work or drive while taking Narcotic pain medications and until you are cleared to do so by our office.**
- ☒ No bathtub, hot tub, Jacuzzi, swimming pool or ocean activity for 6 weeks due to your risk for further injury.
- ☒ Do not drink alcohol while taking narcotic pain medications: May call 211 for San Diego Alcohol cessation resources if needed.
- ☒ Do not smoke cigarettes, cigars, Vape, or Marijuana until your graft has healed (up to one year). May call 1-(800) No Butts for cessation resource.

Discharge Medications:

☒ **See Medication Reconciliation form:**

☐ May restart **all** the medication we discussed at your pre-op visit and your home medications.

☐ If you have medication we do not want you to restart after surgery, we will list them here:

☐ Do not use Aspirin/Motrin/Ibuprofen until released to do so.

For **mild/moderate** pain please use:

- ☒ Over the counter Tylenol (acetaminophen) Extra Strength. Please take 2 tabs (1000mg) by mouth every 6 hours for two weeks.



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☒ For **severe** Pain: You may start the narcotic pain medication that we discussed and prescribed during your pre-op visit.

☒ Please *stop* all Narcotic pain meds as quickly as possible and destroy any unused pills remaining from your prescription.

☐ For muscle spasms: Flexeril / Zanaflex

☐ For Nerve pain: start Gabapentin 100mg by mouth every 8 hours for two weeks.

☒ See Medication information for all New Medication Prescribed upon discharge.

☒ No medication refills will be approved over the phone. You must follow up with our office in person for any medication refill.

☒ For Constipation: May use over the counter

Colace/Sennikot/MOM/Miralax/Lactulose per bottle directions.

☒ For all medications, please refer to attached medication information regarding purpose, expected effects, and potential side effects. We encourage you to call our office if you have questions or concerns regarding any of your new medications (858) 223-2100.

Follow up Care:

Please come to our office for your first follow up appointment in 2 weeks. Please refer to your surgery letter for your follow up appointment date and time.

☒ ***Please Call Our office at (858) 223-2100 to report any new/un-evaluated symptoms***

☒ Please see your Primary Care Doctor in 1 month to update of medical history.

Emergency Symptoms you should look out for at home include:

Please call 911 and go to the nearest Emergency Department for: [X]

New/uncontrolled chest pain [X] Shortness of breath [X] Difficulty breathing

Please call (858) 223-2100 OR return to the Emergency Department immediately for any of the following: [X] Fever over 102.0 [X] Nausea/Vomiting [X] New Bleeding

or Drainage [X] Any new or uncontrolled pain [X] Constipation/Diarrhea

[X] Dizziness/lightheadedness [X] Change in vision [X] Inability to walk and/or other symptoms