**Vertiflex Pre-op Instructions**

1. No eating or drinking for 8 hours prior to the scheduled procedure time
2. You will be sent to “Pre Procedure Testing” with our internal medicine doctor to make sure all your body systems are healthy enough to have the procedure. The doctor will likely order testing.

**Vertiflex Post-op Instructions**

1. Have a “lazy” day on the day of the procedure. You may have significant to intense back pain. Take your pain medicines as prescribed.
2. Avoid scrubbing the surgical site for 72 hours.
3. Do not take baths, but showers are fine to take.
4. Activity as tolerated. No strenuous activity for 7 days
5. No lifting more than 10 lbs for a week.
6. The bandage is just to collect any fluid or blood that may leak. Feel free to remove it once no drainage occurs.
7. You may drive after 7 days, if you feel ok to do so. Please exercise judgment – if you are not stable, ask your doctor first and do not drive.
8. You may experience soreness of the shoulders and the hips due to changes in your standing that is more upright. This may last for 7 days.

Michigan Pain Specialists (734) 547-4850 or (866)834-PAIN

No alcoholic beverage 24 hours after sedation, anesthesia, or while taking pain medication. No complex decision making or signing of any important papers 24 hours after sedation. Call if you experience unusual symptoms or develop a fever over 101 degrees.

Special Instructions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medications:

Nurse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_Time\_\_\_\_\_\_\_\_\_

Responsible Party \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_