

NeuroSpinecare, Inc. is a multi-specialty practice dedicated to providing quality care in the services of neurological surgery, spinal surgery, and pain management.

For more than 40 years, we have been the premier spine care specialists serving Lorain and western Cuyahoga counties.

Neurological surgery is the practice of medicine specializing in management of disorders of the nervous system. This includes the treatment of patients with complications of the brain, skull, spinal cord, and cranial and spinal nerves.

Pain management is a multidisciplinary approach that includes pharmacologic measures (analgesics such as narcotics or NSAIDs and pain modifiers such as tricyclic antidepressants or anticonvulsants), non-pharmacologic measures (such as interventional procedures, physical therapy and physical exercise, application of ice and/or heat).

Office Location

5319 Hoag Drive, Suite 100
Sheffield Village, OH 44035

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NeuroSpinecare, Inc. Physicians

Mario Sertich, M.D.

Gale Hazen, M.D.

Domingo Gonzalez, M.D.

Parshotam Gupta, M.D.

Sanjay Kumar, D.O.

Visit our website at www.neurospinecare.com

Instructions Following your Spinal Surgery



NeuroSpinecare, Inc.
Spine Surgery
Advanced Pain Management
MediBack/Physical Therapy

Mario Sertich, M.D.
Gale Hazen, M.D.

SURGEON: □ Gale Hazen, M.D. □ Mario Sertich, M.D.

Read this brochure for information about your recovery. If you have any questions or trouble signs, contact our office.

ACTIVITIES

- **DO NOT lift over 10-15 pounds**
- **Driving**
 - Avoid riding in a car for the first week after discharge**
 - You may ride/drive in a car for your follow up appointment**
- **You may shower 3 days after your surgery (No bath)**
- **You may sit in a chair for 15-20 minutes at a time**
- **You may go for short walks multiple times during the day**
- **Change your activities often**
- **Rest every 2 hours**

INCISION & DRESSING CARE

- **Keep your incision clean and dry**
- **If you have a dressing, change the dressing every day until the 3rd day after you shower**
- **Leave the dressing off after the 3rd day**
- **If your steri strips fall off, you may leave them off**

FOLLOW UP CARE

If you do not have an appointment to see your doctor after surgery, call the office when you get home to schedule an appointment .

****Call our office if you experience any of the following trouble signs:**

Severe swelling at the incision site

Drainage at the incision site

Redness around the incision site

Fever

Difficulty swallowing or breathing

New neck or arm pain

New numbness/weakness in arms or legs