



## Quick Recap

Back surgery may relieve nerve compression or spinal instability when therapy and medicines are not enough. Recovery takes patience, posture awareness, and follow-through.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

*“With the right support, daily life stays comfortable, independent, and full of the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

# Understanding Back Surgery

Relief from Pain. Return to Activity.



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Walk daily as directed—short frequent walks beat one long exhausting walk.
- Prescribed core and posture exercises; no unsupervised heavy lifting until cleared.
- BLT precautions: NO bending, lifting (over 5–10 lbs), or twisting until cleared.
- Log-roll in and out of bed; sit before standing and use arm support to rise.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

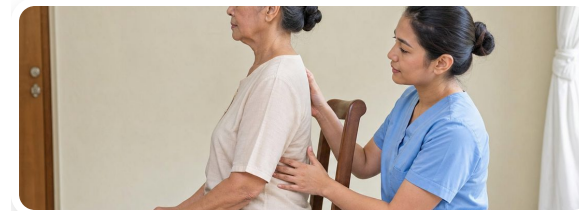
- Leg strength, sensation, and reflex changes each day early in recovery.
- Incision healing, fever, drainage, or foul odor after surgery.
- Bladder or bowel retention or incontinence—any change is an emergency (cauda equina).

### Good to know

- Conditions treated: herniated disc, spinal stenosis, degenerative disc disease, spondylolisthesis, sciatica.

**When to call:** Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Call 911 for sudden paralysis, inability to walk, or loss of bladder/bowel control.
- Ergonomic desk and chair setup; stand and stretch every 30–45 minutes.
- Lift with legs; keep loads close; never twist while holding weight.
- Walk often in short bouts to prevent stiffness.