



# **Spine Surgery Recovery: How to Prepare Your Home and Take Care of Yourself to Minimize Pain and Stress**

*Sandra Joines*

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**Ready to Breeze Through Your Spine Surgery Recovery?**

**Not gonna happen. Not the breeze-through part, anyway.**

**By implementing some easy, inexpensive adjustments, however, you can transform your home into a place of comfort and convenience for your postoperative journey. Also, by following practical guidelines for taking care of yourself, your recovery will be a **WHOLE** lot easier and considerably less painful.**

**Are you concerned your postoperative spine surgery stiffness and pain will be more than you bargained for and you will have to**

**depend on your caregiver more than you anticipated?**

**Do you feel simple tasks like getting in and out of the bed or taking a shower will be difficult, causing you even more pain and stress?**

**And what about those post-surgical instructions from your surgeon and hospital - do you understand the what-to-do's; however, are having difficulty understanding how to put them into action?**

**In this book you will learn:**

- How to get home from the hospital;**
- How to get into and out of a vehicle;**
- What NO BLT means;**
- The best way to set up your kitchen and**

**living room;**

- **How to prepare your bedroom and bathroom;**
- **How to simplify the shower process;**
- **How to care for your incision;**
- **Tips for the toilet;**
- **Creative ways to dress yourself;**
- **How to take care of your laundry;**
- **About reactions and allergies to medications;**
- **About other medical issues that could pop up;**
- **About things to watch out for.**

**Sandra Joines is an expert at successfully getting through spine surgery recovery and is aware of how you may be feeling, your concerns about how you will take care of yourself, and your apprehension about abusing the kind, generous help of your caregiver.**

***Spine Surgery Recovery* is not about the author or her surgery, it is about you and how following simple steps will make a significant difference in your recovery.**

**What's stopping you from getting your home ready for surgery and learning easy techniques to help care for yourself after surgery to make your surgery a heck of a lot less painful and less stressful?**

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#### **Bradley Smith:**

A lot of people always spent all their free time to vacation or even go to the outside with them family members or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a book. It is really fun to suit your needs. If you enjoy the book you read you can spent the entire day to reading a e-book. The book Spine Surgery Recovery: How to Prepare Your Home and Take Care of Yourself to Minimize Pain and Stress it is extremely good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. Should you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too costly but this book provides high quality.

#### **Dixie Jones:**

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