



## PATIENT INSTRUCTIONS LUMBAR FUSION SURGERY

Your surgery was undertaken to decrease leg and back pain. Incisional pain, low back pain, low back spasm are common. Pain medications are provided for this.

Occasionally leg pain and numbness similar to what was present prior to surgery are common but do not impair function.

Please read and follow the instructions below to improve your recovery.

- Avoid lifting anything heavier than a half gallon of milk.
- No bending or twisting at the waist.
- No pulling, pushing or over head reaching.
- Use your incentive spirometer 10 times an hour while awake.
- Wear your back brace when out of bed, except in the shower.
- Wear your Ted Hose until after the therapist has come for home visit. Have care giver take them off of you
- Use your walker until the therapist feels you are safe to walk without it. A home therapist will come to your house to work with you on mobility, transfers, and positioning.
- Frequent walking and changing position is recommended to decrease stiffness.
- Daily walking helps to regain strength. The goal is to gradually increase distance and endurance.
- It is normal to feel lack of energy following surgery. Do not be alarmed.
- Stairs are permitted but take them slowly and smoothly. Do not carry your walker up the stairs-have someone do this for you
- No driving until your surgeon clears you to do so.
- **No driving** if you are taking pain medications.
- **If you have a drain, do not shower until 24 hours after drain has been removed.**
- If you have a drain a visiting nurse will come to your house the day after surgery to remove the drain.
- Showers are allowed. Do NOT remove the dressing prior to showering. Only remove the dressing if moisture is seen underneath it.
- **Do not** apply any lotions, creams or ointments to or around the surgical site.
- **No soaking in hot tubs or baths until the surgeon gives you permission to do so.**
- You may engage in sexual relations.
- If you notice any swelling, redness, fever greater than 101.5, drainage or opening of the incision site please call the office.
- If you have any questions or need refill please call the office, allow 1-2 days for this.
- **DO NOT CALL FOR MEDICATION REFILL OVER THE WEEKEND.**

Office telephone # 937 298 4417

After office hours call (937) 660-4934

In an emergency call 911