



# Specialists in Spine Surgery

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## LUMBAR FUSION DISCHARGE INSTRUCTIONS

Please report any of the following to your physician:

- . Redness or excessive swelling of incision.
- . Chills or fever over 101.5°.
- . Excessive or increasing drainage from excision.
- . Excessive bleeding from the incision.
- . Excessive pain or tenderness at incision site not controlled with pain medication.

Please note: You do not have to report drainage which is decreasing daily.

### Wound Care

- . You may shower immediately post op - **DO NOT SUBMERSE INCISION.**
- . You may remove the top dressing. You may leave it open to air if there is no drainage.
- . If there is some drainage, cleanse the incision site three times daily with peroxide and cover with a light gauze dressing.

### Activity

- . Gradually increase your walking as tolerated.
- . **Avoid any bending, lifting, or twisting of your lumbar spine.**
- . If you are required to wear a brace, wear it as directed. It is usually necessary to wear it when out of bed (short trips to the bathroom are acceptable when necessary without the brace).
- . Standing or lying down may be more comfortable than sitting if your back is hurting.
- . You should not drive for two weeks if you are taking pain medications.
- . You may be scheduled for physical therapy in four weeks after surgery.

### Medications

- . You should fill your prescriptions and take pain medications as needed for at least the first five to seven days after surgery.
- . Treat increased soreness after activity with medication.
- . Please check all of your medications at the end of each week to make sure that no refills are needed.

***Please note: No refills will be called in after 12 noon on Fridays or on evenings or weekends.***

### Back and Leg Symptoms

- . Back pain is common and can be treated with pain medication.
- . If you are allowed to have anti-inflammatory medications, take them as needed. They may help treat numbness and tingling that may come and go in the legs, and is normal.

### Post-op visit

- . Please call the office (248) 926-1970 when discharged to make a post op appointment in 3-4 weeks after surgery.

- . X-rays will be done post op. If they need to be performed by your Primary Care Physician, then you must bring them to the office with you.