

GENERAL INFO CONTINUED

- Do not drive until after we have seen you at your first post-op visit, unless otherwise approved by your physician. Riding in the car is acceptable, but long car rides (2 hrs.) are discouraged.
- An increased intake of water, 6 to 8 glasses per day, will help clear your body of anesthetics and excess pain medication.
- For discectomy patients, try not to sit longer than 15-30 minutes during a 4 hour time period, and shorten those periods if soreness develops. This soreness is generally muscular in origin, and can often be helped with alternating local application of heat or ice.
- Braces or corsets are to be worn as directed by your doctor at all times. At your first post-operative visit, you will be given further instructions.
- X-rays may be taken at regular intervals to assess the status of your recovery.
- Physical therapy, if needed, will be initiated with your doctor at your post-op checkup.

CALL YOUR DOCTOR IF YOU:

- Have drainage and/or odor from your wound.
- Have increased redness/swelling at the incision site, or unexplained increasing incisional pain not relieved by bed rest.
- Have fever greater than 101 with sweats or chills.
- Have new or unfamiliar pain or weakness in the arms or legs.
- Have difficulty with urination or bowel movements.

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Post-Operative Instructions For Lumbar Spine Surgery



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POST -OPERATIVE INSTRUCTIONS FOR SPINAL SURGERY

INCISION CARE

- Check the incision twice daily for signs/symptoms of infection: Green/yellow discharge, foul odor, increase in pain at incision site, increased redness, opening of the incision, flu-like symptoms, or a temperature above 101.5 degrees.
- You may change your dressing 3-4 days after you get home. Simply apply a dry gauze pad and use either paper medical tape or a water-tight Tegaderm adhesive dressing. You may shower if your incision is covered with a Tegaderm dressing.
- If you have steri-strips on, leave them on after surgery; these will fall off on their own. Do not pull them off. If they fall off early, don't worry. Re-absorbable sutures are beneath the skin and will continue to support the incision while it heals.
- If you have staples or sutures, please schedule a post-op appointment with your doctor to have these removed approximately two weeks after surgery.
- Keep your incision covered with a dressing until stitches or staples have been removed.
- Do not put ointments or creams on your incision.
- Expect to have mild swelling at the incision site.
- Despite great care, any incision can become infected. If you notice your wound becoming increasingly red, swollen, hot, or draining, please call your physi-

MEDICATIONS

- Take medications only as directed by your doctor.
- If you have had a fusion, taking acetaminophen (Tylenol) is acceptable, but avoid ibuprofen (Advil, Motrin) or naproxen (Aleve) for three months.
- Use a muscle relaxant to prevent muscle spasms or severe muscle tightness. Please call your doctor if you are experiencing these symptoms; they may be able to prescribe something to help you.
- With the use of narcotic pain medications, simple constipation is common. Increasing your intake of fiber with a daily supplement such as Metamucil is often helpful. Avoid extended use of stimulant laxatives.

Please note: Medications are not refilled after 4:30pm, weekends, or holidays.

PAIN MANAGEMENT

- You will get a prescription for pain medications before you are discharged from the hospital. Try to wean yourself from the narcotics as soon as tolerable.
- Extra strength Tylenol may also help the pain and cause fewer side effects.
- We will usually wean pain medication a few weeks after surgery. If you require pain management that is complex, high doses of narcotics, or longer periods of narcotic use, it may be necessary to enroll the help of a pain specialist as we are not registered as a pain management center.

ACTIVITY

- Do not twist, bend or lift anything over 10 lbs until cleared by your doctor. If you return to a sedentary job, you must abide by these restrictions. A letter can be faxed from our office stating these restrictions.
- Activity, especially walking around your home, is encouraged. Try to do so at least 4 times daily.
- Do not do heavy housework, such as bed making, vacuuming or laundry.
- If using stairs is necessary, go slowly and use the handrail.
- No special exercises are necessary. Continue the abdominal and leg isometrics you were doing in the hospital.

DIET

- You can eat a regular diet.

GENERAL INFO

- Spine fusion patients should not smoke for 6 months after surgery. You must also try to avoid nicotine products (smokeless tobacco, gum and patches) and avoid exposure to smoke from other smokers.
- Avoid sitting in chairs and sofas that are low to the ground and avoid sleeping on a mattress with the height greater than that of your mid-thigh. This makes transfer in and out of bed easier.

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