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## **POST OPERATIVE LUMBAR SURGERY INSTRUCTIONS**

The following instructions are general guidelines and details may vary from patient to patient. If you have any questions not covered in these instructions or in your discussions with me and/or any of my staff, please call my office to discuss further.

### **Wound Care**

Keep your incision clean and dry. Clean the incision daily with antibacterial soap during a regular shower. If there is any drainage noted on the bandage, replace it with a clean bandage. After the second post op day, it is recommended to remove bandage and leave incision open to air. Do not put any ointment on incision.

Drainage of clear or slightly yellowish fluid may occur in small amounts. This is not unusual. If the drainage increases or if the wound becomes very painful, reddened or drains pus, you should contact the office immediately. After hours and on weekends, when I may not be available, another neurosurgeon is available at all times.

Report any temperature over 101 F.

Report any difficulty urinating or constipation problems.

You should shower daily, but do not soak in a bathtub for two to three weeks or until all scabs have fallen off. After you shower, pat the incision dry and put a new bandage on. After 2 days you do not need to apply any bandage.

### **Medication**

Take your pain medication only as ordered. Refrain from combining medications with alcoholic beverages. If you have had a fusion, avoid Anti-inflammatory medications and smoking until fusion has completely healed, that is usually about three months. Examples of anti-inflammatory drugs include but are not limited to: Ibuprofen, Aleve, Advil, Motrin, Naproxen, Mobic, Celebrex, Indocin. You may continue daily aspirin if prescribed for prevention of heart attack or stroke.

### **Appointment**

You should have been given an appointment to return to the office at the time of discharge from the hospital. Please contact our office upon the first working day after your discharge from hospital if you were not given a return appointment.

### **Avoid**

Riding in the car for one week unless absolutely necessary, i.e. riding to a physician's appointment.

Driving for at least one week.

Driving any long distances for at least six weeks.

Bending at waist, pushing, pulling or lifting for at least six weeks.

Sitting for greater than twenty minutes at a time.

Housekeeping duties for six weeks. Very light activity is reasonable after two weeks, if tolerated.

Sexual activity for at least one week. Thereafter, gentle activity according to tolerance.

### **Advised**

Walking should be done regularly throughout the day. Gradually increase your distance according to tolerance. You should walk at least every 2 hours throughout the day.

Keep compression stockings on until you are walking around regularly throughout the day.

### **Please Note**

Expect some numbness, tingling and/or pain in your legs and incisional areas from time to time for several months, as this is common during healing.