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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

POST OPERATIVE INSTRUCTIONS FOR LUMBAR SPINE SURGERY

ACTIVITY:

- Initiate a walking program and gradually increase your walking distance. Shorter, more frequent walks are preferable to long ones.
- Avoid bending at the waist, twisting, or putting excessive strain on your spine. Be mindful of your body movements and maintain proper spinal alignment. These good body mechanics should be practiced for the rest of your life.
- Refrain from heavy lifting unless otherwise specified by your doctor; use common sense in these situations.
- Minimize prolonged periods of sitting.
- It is not advisable to drive until after your initial follow-up visit with your doctor. If you must embark on a long trip, opt for a vehicle where you can lie down comfortably. Additionally, make it a point to stop and walk around for 5-10 minutes every hour.
- Rest and sleep on your side (preferred) or back. Avoid lying on your abdomen, as it is not recommended.
- You may resume sexual activity as comfort allows but take precautions to safeguard your back. Opt for the bottom position to ensure adequate back support.

MEDICATION:

- Adhere to the instructions provided by the pharmacist where you filled your prescription. Keep in mind that narcotics or certain medications may impair your ability to drive or operate machinery.
- Consider using a mild over-the-counter laxative if necessary to facilitate regular bowel movements. Consume plenty of fluids and include fiber in your diet to maintain bowel regularity.

WOUND CARE:

- You may remove the bandage on the third day after surgery and replace it with a waterproof bandage. (If instructed to keep the wound covered, ensure the dressing remains dry.)
- Three days after surgery, you may resume showering. Use a waterproof dressing as directed while in the shower. Avoid rubbing or scrubbing the surgical area, as there may be surgical glue that needs to stay on your skin. Supplies for dressing changes can be obtained at drug stores.
- If the incision exhibits redness or inflammation or starts to excessively drain (some drainage may be normal), please contact your doctor. Drainage may be clear, bloody, or pus-like, and excessive drainage should be reported.
- If you feel feverish, take your temperature and record it. If your temperature is below 101.5 degrees Fahrenheit, take Tylenol and continue monitoring your temperature. If it exceeds 101.5 degrees Fahrenheit, notify your doctor.

Questions/concerns? Call our office staff - (361) 994-1166.