



## Lumbar Spine Patients

### Postoperative Discharge Instructions

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Please call the office either during your hospitalization or immediately after discharge to schedule a follow-up appointment approximately two weeks from the date of your surgery, if not already done at the time of scheduling surgery (630.858.5400).

1. You should not bend over at the waist, twist at the waist, raise your hands over your head or lift more than four pounds for the first two weeks after surgery.
2. Sitting should be limited to fifteen to twenty minutes per hour before you should stand up and move about; you may sit again after moving about.
3. You should increase your walking, letting pain be your guide. The first couple of days should be limited to walking in your home, driveway or local sidewalk, increasing your length of walking time gradually. The walking activity will encourage blood flow to tissue that is healing.
4. You may not immerse your wound in water, i.e., no bathtub, hot tub, swimming pool, etc., until advised that it is safe to do so by your physician.
5. You may shower, allowing water to flow over your wound starting post-op day three.
6. You will be wearing a bandage over your wound at the time of discharge from the hospital. Instructions will be given to you concerning the use of additional bandages.
7. Physical therapy, if needed, usually begins two weeks after surgery and will be initiated at your first postoperative checkup.
8. You may continue using your medications provided by your neurosurgeon as needed.
9. Please inspect the wound daily and, if any redness, tenderness or abnormal discharge is noted, please call the office immediately.
10. You may not drive a vehicle until instructed to do so by your physician.

#### **Additional discharge instructions for lumbar fusion patients:**

1. You must wear your TLSO brace as advised by your physician.
2. You must not sit more than fifteen or twenty minutes as mentioned above, even while wearing your brace.
3. X-rays will be taken at regular intervals to assess the status of your fusion.
4. All requests about return to work and levels of activity should be discussed with your physician.
5. All fusion surgery patients should not take non-steroidal, anti-inflammatory medications as they may delay or prevent adequate fusion.