

## LUMBAR SPINE POST-OPERATIVE INSTRUCTIONS

**UPON DISCHARGE FROM THE HOSPITAL, PLEASE CALL OUR OFFICE FOR YOUR POST-OP APPOINTMENT.**

The following are post-operative instructions recommended following your back surgery. You need to protect your back to allow it to heal from surgery by following these precautions:

1. Do not bend or twist at the waist.
2. Do not remove steri-strips.
3. Do not lift anything.
4. Do not drive for the first two weeks following surgery.
5. Limit sitting to less than twenty minutes at a time for the first ten days.
6. Limit walking for the first two weeks to two miles per day.
7. Always use "logroll" to get out of bed (see directions below).
8. Do not submerge the incision. No baths or swimming until approved. This will be at least four weeks after surgery.
9. You may shower four days after surgery.
10. Have any increases in your activity level approved by one of our doctors.
11. Avoid strenuous activity, repetitive coughing, etc.
12. Call our office if any of the following should occur: fever of 101.5°F or greater; increase of pain; increase in numbness or weakness; shortness of breath; swelling; drainage or redness at or around the incision; leg swelling.

### **LUMBAR FUSION:**

You must wear your brace at all times when out of bed except for brief showers or to go to the toilet. If your brace needs readjusting you should call the orthotic company that made it for you.

### TURNING IN BED SAFELY-USING THE "LOGROLL"

When you move in bed, think of your body as a log from shoulders to hips. Brace the abdominal muscles to support your spine by gently pulling in the stomach. Squeeze the buttocks muscles, breathing normally. Bend the knees slightly toward the chest, roll to one side while keeping ears, shoulders and hips in line, abdominal muscles braced. To lie down, do the reverse.

### GETTING OUT OF BED SAFELY

Logroll to the side and slowly scoot to the edge of the bed. Carefully push the body up with one elbow and the opposite hand. At the same time, gently swing the legs to the floor while keeping ears, shoulders and hips in line, abdominal muscles braced. To lie down, do the reverse.

### STANDING UP OR SITTING SAFELY

**SIT:** Back up to the chair or toilet. Brace the abdominal muscles and bend at the hips while keeping the back straight. Use the leg muscles to lower yourself onto the front of the chair or toilet, then scoot back.

**STAND:** Scoot to the front of the chair. Brace the abdominal muscles, place one foot slightly in front of the other. Grasp the sides of the chair or armrests for support. Bend at the hips, use the leg muscles to push the body up. Keep ears, shoulders and hips in line.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS FOLLOWING YOUR SURGERY.**