

## Post Operative Instructions After Lumbar Fusion

1. Please contact our office if any of the following should occur:
  - Green/yellow discharge.
  - Increased redness at incision site.
  - Opening of the incision.
  - Flu like symptoms.
  - Temperature above 101.5 degrees.
2. Patients may be given a brace to wear following surgery. If you were given a brace to wear postoperatively, it should be worn whenever you are up and out of bed. It should **NOT** be worn at night while you are sleeping. If you need to go to the bathroom in the middle of the night, you do **NOT** need to put it on.
3. You should **NOT** drive unless M.D. says it is OK. You may be a passenger for short distances (20-30 minutes). If you must travel for a longer period, be sure to make several stops so that you may stretch your legs. Reclining in the passenger seat is usually the most comfortable position for you.
4. **DO NOT** sit for periods longer than 20-30 minutes. You may increase this time as you become more comfortable.
5. **DO NOT DO THE FOLLOWING:**
  - Lift anything greater than 10 lbs.
  - Bend or twist at the waist.
6. **DO** walk as much as possible. Stairs are good for you, but take it slow. You may also use a treadmill. If you were discharged using a walker and/or cane, you may stop using these assistive devices once you feel safe and comfortable.
7. If your incision has sutures or staples, they may be removed in 7-10 days.
8. Follow up with your M.D. in the office as instructed.