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ORTHOPEDIC AND RECONSTRUCTIVE SURGERY

www.dallasboneandjoint.com

Phone (214) 324-2471
Fax (214) 324-1734

Lumbar Spinal Surgery Discharge Instructions

Activity:

- Walk as you feel comfortable - encouraged
- Apply ice pack to the low back 2-3x per day for 2 days
- Lie in any comfortable position with the back supported
- Avoid ANY bending or lifting

Pain Management:

- Use prescription pain medicine as directed initially (usually required for 3-4 days)
- Begin weaning off during the day first, later at night
- May supplement with Motrin/Advil or Tylenol as needed
- Activity restriction and ice is also of great benefit

Diet:

- Liquids or light food may be taken initially
- Advance to normal as tolerated if nausea is not present

Wound Care:

- Remove dressing the day after surgery and cover with band-aid or small dressing
- Leave glue on skin if used
- Shower in between dressing changes is permitted

Follow-up Office Visit:

- Call the office the next business day at (214) 324-2471
- Schedule an appointment for 5-7 days from surgery date

Call your doctor if:

- Fever develops to 101
- Uncontrolled nausea or vomiting
- Excessive bleeding or drainage (pus) (mild bleeding is normal)