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## **Lumbar Fusion Surgery Discharge Instructions**

### **Activity:**

- Walk as you feel comfortable - encouraged
- Wear brace at all times when out of bed
- Lie in any comfortable position with the back supported
- Avoid ANY bending or lifting

### **Pain Management:**

- Use prescription pain medicine as directed
- Begin weaning off as pain allows
- May supplement with Tylenol as needed- Activity restriction also of 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 glued mesh 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)