



[www.southerarizonaspine.com](http://www.southerarizonaspine.com)

## POSTOPERATIVE INSTRUCTION FOR LUMBAR SPINE SURGERY

This handout will review the care you need to follow once you are home. If you have any questions or concerns, please ask your nurse or doctor. Our staff is here to help you. If you have questions after you are at home, please call the numbers listed at the end of this handout.

### Activity

This is a major surgery and you need to give your body time to heal. Below is a list of instructions that you should follow until your first follow-up visit after surgery. You no longer need to wear the TED stocking (heavy white stockings) once you are home. • You may sleep either on your back, stomach or side. You may also use pillows for support, when lying on your side. Place pillows behind your back and between your legs. When on your back place pillows underneath your legs. • You may climb stairs, just try not to over-do. •

You can sit for any length of time based on your comfort level. For your comfort, we suggest that you change your position at least every hour. If you become uncomfortable change your position and activity. • You should begin a walking program two to three days after surgery. • You may shower 5 days after surgery. If you must shower sooner, you must keep the incision covered and dry while showering. No baths for 4 weeks. No hot tubs or swimming for 6 weeks. NO BENDING, TWISTING OR LIFTING.

Once you are permitted to sit, use ONLY a straight back chair such as a dining room chair or kitchen chair. A sturdy “wing back” chair is an option. Each day increase the time & frequency that you sit. (Example: 1st day, sit 3 times for 15 minutes each/2nd day 4 times for 20 minutes each/3rd day 5 times for 25 minutes, etc.) If there is pain after a few minutes GET UP. “LISTEN TO YOUR BODY”

After leaving the hospital you will be allowed in the car TWICE, ONCE TO GO HOME, THE SECOND TO COME BACK TO THE OFFICE. You will get your next set of instructions upon your return. For patients from out of state or country, there will be specific instructions.

### Walking Program

Begin walking in the house and progress to outdoors. Take someone with you the first few times. Slowly increase the distance each day so that you will be walking 1 mile/day by your 2nd post-operative week, 2 miles/day at 2 weeks post-operative. Hopefully by 2 months post-operative you will be walking 4 miles/day. If you feel soreness, reduce the

distance and REST. These are GUIDELINES, NOT RULES.

Day 1 Walk the length of the hallway at home 3-4 times, or walk to the end of the driveway and back once in the morning and again in the afternoon or evening.

Day 2 Walk 1/2 block or the equivalent of a 1/2 block indoors once in the morning and again in the afternoon or evening.

Day 3 Walk 1 block in the morning and again in the afternoon or evening.

Day 4 Walk 2 blocks in the morning and again in the afternoon or evening.

Day 5 Walk 3 blocks in the morning and again in the afternoon or evening. Continue increasing the distance you walk, as you are able. Let your comfort be your guide to how much you can do.

#### Limitations

No driving for 2 weeks, or while taking narcotic pain medication. However, you may be a passenger. No lifting greater than 10 lbs (about 1 gallon of milk) for the first 5-6 weeks after surgery. No bending at the waist, however, you may squat with your knees. No sports activity until your first follow-up visit other than the walking program.

No sexual activity for 2 weeks.

For POST-OPERATIVE DISCECTOMY Patients the following two instructions are very important.

SITTING for MINIMAL PERIODS OF TIME DURING THE FIRST 2 DAYS post-operatively except to get in & out of bed or to use the toilet. Try to eat standing.

Lie only on a bed. No sofas or recliners. Sit ONLY in a straight back chair (such as a dining room, kitchen or “club”-type chair or a “wing back” chair.)

For POST-OPERATIVE DECOMPRESSIVE LAMINECTOMY OR LAMINOTOMY Patients.

Sit ONLY in a straight back chair (such as a dining room or kitchen chair.)

Lie only on a bed.

NO BENDING, STOOPING, PUSHING, LIFTING or STRAINING.

For MINIMALLY INVASIVE SURGERY Patients.

You may shower the morning after surgery. For ALL OTHERS, you may shower 4 days post-operative. The first day is the day AFTER surgery. Do not soak the incision. Do not disturb steri-strips. For surgical skin clips or sutures, you will be given instructions.

If you question whether or not you can do something beyond the instructions given, it is safe to assume that the answer will be NO.

Return to the office for your first visit approximately 10 -14 days after surgery. Call our office for an appointment (520-204-1495) or if you have questions or concerns.

For GENERAL MEDICAL PROBLEMS CONTACT your personal physician.

#### First Postoperative Visit

Return to the office for your first visit approximately 10 -14 days after surgery. Call our office for an appointment (520-204-1495) or if you have questions or concerns. For GENERAL MEDICAL PROBLEMS CONTACT your personal physician.

#### Return to Driving

No driving for 2 weeks, or while taking narcotic pain medication. However, you may be a passenger.

#### Return to Work

Your return to work will depend on your recovery and the type of work you do. You must discuss this with your doctor before you return to work.

#### Pain management

For pain management, you will usually be given a prescription for a drug like Vicodin (hydrocodone) or Darvocet N100. For additional pain medication, try Extra strength Tylenol or similar agent. DO NOT USE ANY ASPIRIN or ASPIRIN containing medication. DO NOT use ADVIL or similar medication. These interfere with the clotting mechanism. You may take Celebrex if your general physician finds that it does not interfere with your OTHER MEDICATIONS.

You may have an occasional increase in back, leg pain and/or numbness after surgery during the healing phase. This is normal and is caused by inflammation (or swelling) of muscle tissue in your low back. To reduce pain there are several approaches to decrease the pain you may be experiencing.

- Ice the low back area for 15-20 minutes every hour for 4 consecutive hours. Do not put the ice directly on your skin. Use a ready-made ice pack or put ice in a plastic bag then wrap the ice pack or bag in a towel before you use it. If you have been given a cooling device please use while in bed.
- Avoid sitting for more than 30-60 minutes at a time for the next 48 hours.
- Reduce your activity (i.e. walking) for the next 48 hours.
- Take the pain medicine as directed by your doctor. You can also take one extra strength acetaminophen (Tylenol) every 4 hours between the prescription medicines, only as directed. Do not take more than 4000 mg of Tylenol in a 24 hour period. NOTE: Some narcotic pain medicines also have Tylenol in them.
- Do not take the anti-inflammatory drugs (i.e. Ibuprofen, Motrin, Advil, Aleve, Celebrex, Aspirin) for 3 months following surgery.

Eventually you should no longer need to use pain medicine.

#### Incision Care

Caring for your Incision at home is important to prevent infection. Please follow these steps:

- Your incisions have been closed either with skin staples or with absorbable suture material underneath the skin and small pieces of surgical tape (steri-strips) on the surface of the skin. In most cases these areas are covered with a dressing. You may

- remove the dressing 3-5 days after surgery.
- The steri-strips will gradually peel away with time as they get wet and this is normal. You may peel off the steri-strips anytime after 10 days.
- Staples should be removed within 14 days of your surgery. It is therefore prudent for you to show for your first postoperative visit.
- Take your temperature twice a day, once in the morning and once in the evening for the first 7 days.

The wound will be checked and the dressing will be changed prior to discharge. Your dressing will be water occlusive and you may take a shower with it when you get home. However, do not take bath and do not soak the wound. The dressing typically will come off within 2 - 4 days at which time you may leave the wound open to air.

Do not be alarmed when you have bloody or serosanguineous drainage from the wound. This is normal and part of your postoperative recovery. However, call our office if you have persistent drainage for more than 3 days or a new onset of drainage sometime after 7 - 10 days from your surgery. You should also let us know if you are having any fevers (temperature over 101 F) or chills.

Be advised though that elevated temperatures after surgery can be normal and often is a result of poor lung ventilation. Taking deep breath, and ambulating as much as you can tolerate may help with this problem.

When to call your Doctor or Nurse

**PAIN IS A RED FLAG TELLING YOU TO REST.** Avoid taking pain relieving medication in anticipation that something you will do is going to cause pain.

- If you have a temperature above 101 degrees F (38.8 degrees C) for two readings four hours apart. If you develop a low grade fever, keep a chart of your temperature pattern at 8 AM, 12 noon, 4 & 8 PM. Bring the chart to the office at your next visit.
- Clear drainage from your incision, excessive, wound redness, swelling, purulent drainage or infection.
- An increase in pain, redness and/or swelling by your incision.
- Difficulty urinating or controlling your bowel movements.

When to call 911

- If you have difficulty breathing, or have an irregular heartbeat, or chest pain.

Future follow-up visits

Your first post-op visit is usually scheduled along with your surgery. If you are unsure of your first postoperative appointment, please call (520) 204-1495 to make your first post-operative appointment at the Center for Advanced Spinal Surgery of Southern Arizona. This usually occurs 2 weeks after your surgical date. All other follow-up visits will be directed by your physician.

Medications

If you need a prescription filled.

Because your health condition may change over time, your doctor or another provider who has access to your confidential medical records reviews refill requests. By following these simple guidelines, you will avoid any delay in getting your prescription refilled.

- Contact your pharmacy at least 5 days before your prescription requires refilling, To protect your health, pharmacies will accept refill orders only from your doctor. So, when you call The Center for Advanced Spinal Surgery of Southern Arizona with your request an additional step is added. Your prescription will be filled faster if you call your pharmacy directly, they will then contact The Center for Advanced Spinal Surgery of Southern Arizona.
- Use the same pharmacy, That way, your pharmacist will have your complete prescription records and you avoid the danger of mixing medications. To make it convenient for you, The Center for Advanced Spinal Surgery of Southern Arizona will work with the pharmacy of your choice. Please choose one pharmacy, and use only that pharmacy. It is an easy way to help protect your health.
- Call your pharmacy early in the day. This gives your doctor time to review your records. To ensure you get the right medications, we do not rush refills without making sure the order and your record are reviewed. Often, physicians are in surgery or finishing with patients late in the day, and we do not want to interrupt those patients' visits, therefore, refill requests received after 3 pm Monday through Thursday or after 10 am Friday will be reviewed and filled the next business day for The Center for Advanced Spinal Surgery of Southern Arizona.

If you run out of Medication before you request a Refill

Always call your pharmacy at least 5 days before you run out of medication. This will give the pharmacy plenty of time to contact your doctor, for the doctor to review your record, and for the pharmacist to prepare your medication. All you have to do is watch your medication levels and there should be no reason for you to run out of medication. It is dangerous to “rush” an order, For your protection, refills are not done at night, over the weekend, on holidays or as an emergency if you have forgotten to call your pharmacy.

If you run out of your Medication early

Your doctor ordered your prescription according to a precise dosage for a prescribed amount of days. If you run out early, it may mean you are experiencing some difficulty with your dosage or medication. Call The Center for Advanced Spinal Surgery of Southern Arizona immediately and explain your difficulty.

If your prescription is lost, misplaced or stolen:

To protect your health, lost or stolen prescriptions are replaced only with a physician visit. Stolen medication will require a police report to be completed and a copy of the report brought with to your visit. To avoid possible duplication of prescriptions when an order is lost or stolen, you will want to talk with your doctor. Call The Center for Advanced Spinal Surgery to schedule an appointment. Please call our office at (520) 204-1495 with any additional questions that may come during your postoperative recovery.recovery.