

**Fellowship Trained
Spine Surgeons**

Thomas M. Sweeney II, MD, PhD
Board Certified Orthopaedic
Surgery
CEO & Medical Director

David M. Karp, MD, MBA
Board Certified Orthopaedic
Surgery

David L. Scott, MD, PhD
Director of Research
Board Eligible Orthopaedic Surgery
Board Certified Internal Medicine

DISCHARGE INSTRUCTIONS FOR LUMBAR SURGERY

ACTIVITY:

1. Turn to the side and use your arms to push up in the bed, lowering the legs to the floor. You may sleep in any position that is comfortable for you.
2. Increase walking each day, take short frequent walks around your house for the first few days and then increase the distance you walk. You might consider walking in a mall where it is air-conditioned and there are plenty of places to sit down.
3. Try to avoid sitting more than thirty minutes at a time.
4. Do not drive until your doctor has cleared you. You cannot drive if you are taking narcotic pain medication or muscle relaxants.
5. Do not lift more than 1 to 2 pounds until your doctor has cleared you.
6. Avoid bending or twisting your body. Turn your entire body to look right and left.
7. Do not get your wound wet until your doctor has cleared you.
8. Do not sit in a bath, pool or hot tub until your doctor has cleared you.

NUTRITION:

Eat a well balanced diet and take 1200 mg of calcium daily. If it has been three days since your last bowel movement, you can try drinking prune juice, eating prunes or eat Raisin Bran cereal and other high fiber foods. If this does not work, you can try Senokot or Fleet's Enema, both available over the counter at your pharmacy. Try to drink six to eight glasses of water per day.

BRACE:

If you are to wear a lumbar brace, you will be required to wear it at all times when you are up and about. It is not needed when sitting or sleeping. You will likely find that it allows you to stand up and walk longer distance without much discomfort.

CALL YOUR DOCTOR RIGHT AWAY FOR ANY OF THE FOLLOWING:

1. Swelling, redness, or warmth of the wound or sudden bright bleeding.
2. Foul smelling or greenish drainage from the wound.
3. Increased pain not relieved by pain medication.
4. Sudden loss of function or sensation of either leg.
5. Any loss of bladder function and/or bowel function.
6. Pain and swelling in the calves of the legs or sudden chest pain.
7. Sudden onset of numbness or tingling in the legs different from when discharged from the hospital and not relieved by changes in position.

**FOR ANY SUDDEN LOSS OF FUNCTION OR INABILITY TO WALK WHICH IS NOT
RELIEVED BY A POSITION CHANGE – CALL 911**

If you are unable to reach your doctor for any of the above noted items, proceed to the Emergency Room for evaluation and they will call your doctor.