

LUMBAR FUSION POST-OPERATIVE INSTRUCTIONS

Wound Care:

- * Keep your incision area clean and dry.
- * Let the steri strips fall off by themselves. If they have not fallen off in ten days to two weeks, please remove them.
- * Do not put any kind of ointments or antimicrobial solutions over the incision or steri strips.
- * If you notice any drainage, redness, swelling, or increased pain at the incision site, please call the office and report your findings.

Showering:

- * You may take a shower 5 – 10 days AFTER surgery. You may wash the incision with soap and water and then pat dry. No need to cover the incision, leave open to air.
- * DO NOT take a bath or get into any type of pool for at least 2 weeks.

Activities:

- * **Follow back precautions. When turning, while in a lying position, remember to log roll. Your hips and shoulders should be in a straight line and turn all together as a unit.**
- * Place a pillow between your legs while laying on your side. This helps to provide support and this also keeps your body in alignment.
- * Place frequently used objects within your reach.
- * You may walk as much as you like. You may use your cane or walker if needed.
- * You may engage in sexual activities two weeks following your surgery date, as long as it is not painful. You should be in a lying position with your partner on top.
- * You may ride as a passenger in a car whenever you feel that you can tolerate this activity. You should sit in the front passenger seat with your seat in a slightly reclined position. It would be best to start with short distances. Allow for frequent breaks on long trips and allow yourself the opportunity to get out of the car and walk around.
- * You may walk up and down stairs.

***** See other side of this sheet for further information*****

Restrictions:

- * Do not stretch to obtain for objects out of your reach.
- * Do not pick up any objects weighing more than 5 pounds of total weight for at least 6 weeks following your date of surgery. (one half gallon milk)
- * Avoid stooping, bending or twisting at the hips for 6 weeks.
- * No athletic activities until you have discussed your limitations with Dr. Taylor at your six week follow-up visit.

Follow up appointment:

If Dr. Taylor's nurse, Lori, has not already made an appointment for you, please call 314-336-2555.

Questions

For any post-operative questions please call Dr. Taylor's nurse, Lori, at 314-336-2555. Download the form via our website at:
<http://www.drbretttaylor.com/medicalrecordsreleaseform.pdf>

Emergencies

During business hours (Monday- Friday 8:00 A.M. - 4:30 P.M., except holidays) call 314-336-2555. **Specify to the operator that you are calling and that you have an emergency.** The operator will connect you with Dr. Taylor's nurse. Dr. Taylor's nurse reports all emergencies to Dr. Taylor.

IMPORTANT: Refills of medications need to be done during business hours. NO pain medications will be given over the phone after hours or on week-ends.

Please call with any questions or concerns. We will be glad to assist you in any way to help in your recovery period.

Sincerely,

Dr. Taylor and his Staff