



(847) 303-1200

## Illinois Spine Institute

### **Lumbar Fusion Post-Operative Information**

*The following should be considered general instructions, and may be different for each individual patient. Please note, your physician may instruct you otherwise.*

#### **What to expect following surgery**

Muscle spasms and back pain are expected after your surgery. Once the pressure is off the nerve(s) in your pain, numbness/tingling and strength should improve, though this may take some time. Usually the pain improves first, the strength improves second, and the numbness/tingling may take some time, and possibly some symptoms may not completely resolve. Return to work is variable and depends on the type of work you perform.

A follow-up appointment should be made to see the doctor approximately one to two weeks following surgery. It is best if this appointment is scheduled prior to surgery.

Following surgery you should arrange to rest for the first week. Avoid lifting, bending/twisting, etc. One of the best exercises is to walk at least 3 times a day for at least 30 minutes each time. This will help to strengthen your back muscles and eliminate pain and spasms. Return to work is variable and depends on the type of work you perform and the surgical procedure. The doctor will discuss this with you after your operation.

#### **Incision care and dressings**

The incision will have dissolvable sutures below the skin, and small bandage taped over the top. You may shower the 3<sup>rd</sup> day after surgery. Avoid baths or swimming. Wash the incision with soap and water and pat dry with a clean towel and cover with a dry dressing.

The dressing should be changed after 2 days, or if it becomes wet or has discharge. To change the dressing remove the tape and gauze, apply a sterile dressing over the incision and apply a new layer of tape on top.

#### **Medication:**

You will be prescribed medication prior to discharge. Take medications needed according to the directions. Resume your normal pre-operation medication when you return home, unless advised otherwise.

**\*\*Our physicians advise you to avoid taking any Non-steroidal anti-inflammatory medication after surgery, as this may interfere with the healing process. Please do not resume these medications until your physician clears you to use such (examples include Advil/Motrin (ibuprofen), Aleve (naproxen), Celebrex, and/or Aspirin, Mobic (meloxicam), diclofenac).**

#### **What to watch for:**

**\*Call our office immediately if you have any of these symptoms.**

- Drainage from the wound
- Fever and or chills
- Redness or warmth around the incision site
- Changes in strength or sensation to your arms and/or legs
- Loss of bowel or bladder control or inability to urinate – **please call 911 and go to the emergency room immediately.**

If there are any questions or concerns, please feel free to call our office.

***Thank you for choosing the Illinois Spine Institute.  
Your choice for comprehensive Spinal Care.***