



## **Lumbar Fusion, Lumbar Laminectomy Discectomy, Lumbar Reexploration and Decompressive Lumbar Laminectomy, Kyphoplasty**

### **What to expect after surgery**

- You have had anesthesia today. Please do not eat anything greasy, spicy, or heavy as this can cause stomach upset. Eat soft, easily digestible foods such as soup, mashed potatoes or fruit.
- Your muscles were cut and manipulated during surgery. You should expect soreness, swelling and bruising. Hot showers, use of prescribed muscle relaxers and ice packs applied 20 min out of every hour will help with this.
- The office will see you back in the office 3-4 weeks for a follow up visit.
- You will be provided with prescriptions for pain medication and muscle relaxers following your surgery. We encourage regular use of muscle relaxers during the first few weeks after the surgery. It is important that you do not take these medications in dosages higher than prescribed as this could cause difficulty breathing, over sedation and even death.
- If you have had a fusion or hardware implanted do **NOT** take Aspirin or NSAIDS (ibuprofen, Aleve, Goody's powder or Excedrin etc.) until cleared by your surgeon.
- The narcotic medication can cause constipation. Please increase the fiber and fluids in your diet or take a stool softener while you are on these medications. Refer to the bowel handout that was provided to you prior to surgery.
- You may still have some numbness and/or pain in your leg(s) after your surgery. This should get better with time. It can take up to 18 months for the nerves to heal completely.
- Please discuss with your neurosurgical provider when you may return to work. If you need a work excuse or FMLA paperwork please contact the GNS main office.

### **Restrictions after surgery**

- Do not lift anything over 5-10 lbs for the first 3-4 weeks after surgery. Also do not bend at the waist. No twisting such as sweeping, mopping, golfing.
- Do not do any exercising except walking. We encourage *daily walking* as much as comfortable as this increases blood flow to your surgical site, decreases pain, and prevents blood clots and pneumonia. You will be sent home with rechargeable SCDs, but these should not be used in place of walking.
- Do not drive for the first week or while you are taking narcotic medication or anything that makes you drowsy. You will want to limit your time in the car for the first 2-3 weeks to short, local trips. You will not want to drive a manual transmission.
- You may shower 24 hours after surgery. Continue to use the Hibiclens or a non-moisturizing soap to prevent infection and do **NOT** scrub your incision site. Do not get in the bathtub, hot tub, or swimming pool until your incision is completely healed. Do not apply any lotions, creams or ointments to the incision.
- If you are diabetic please monitor your blood sugars closely. Blood sugars that are well controlled ensure proper healing. If uncontrolled it can lead to delayed wound healing and infection.

### **When to call the office**

- Please call the office during normal office hours from 8-4 for prescription refills. Some narcotic medications may require authorization by the doctor, due to this try to call 2 days before you are completely out.
- Call for any temperature > 101.5, increased incisional swelling, redness, or increased pain. We may need to see you in the office.

**If you smoke, it is in your best interest to stop smoking completely. Cigarette smoking inhibits healing of nerve and bone tissues and increases the risk of complications such as wound infection. Eat a healthy diet, rich in proteins, vegetables and fruits to help promote healing. Rest, relaxation and relieving stress are important components to good spine recovery.**