



RICHARD SIEGFRIED M.D.
COMPREHENSIVE PAIN MANAGEMENT

LUMBAR FUSION POSTOPERATIVE INSTRUCTIONS

Postoperative Instructions

1. Use your prescribed pain medication, muscle relaxants, and laxatives as directed. Do NOT resume aspirin, anti-inflammatory medications, blood thinners (coumadin, heparin), antiplatelet drugs (plavix, ticlid, aggrenox) for 48 hours unless you have been instructed otherwise. Resume all other preoperative medications unless otherwise instructed.
2. Check incision twice a day for the following: green/yellow discharge, increased redness and/or tenderness at incision site, opening of the incision. Other signs to be alert for are: flu-like symptoms, chills, temperature above 100.4 F (oral) degrees. If any of the above should occur, please contact your doctor.
3. Schedule a postoperative office visit for 2 weeks after surgery.
4. Your bandages should be removed 3 days after surgery. Prior to that, you may sponge bathe with care to keep the dressings clean and dry.
5. You may shower after the bandages are removed. It is recommended that a shower chair be used for the first few weeks to ensure your safety.
6. The incisions should be cleaned gently using regular soap and water. Do NOT use heavily perfumed soaps. **RUB GENTLY!** Blot area gently to dry.
7. If you were given a brace to wear postoperatively, it should be worn whenever you are up and out of bed. It should NOT be worn at night while you are sleeping. If you need to go to the bathroom in the middle of the night you do NOT need to put it on. You will be instructed regarding continued use of the brace at your first postoperative visit.
8. You should NOT drive until seen in the office for your first postoperative visit and while you continue to take narcotic pain medication. You may be a passenger for short distances (20-30 minutes). If you must travel for a longer period, be sure to make several pit stops so that you can stretch your legs. Reclining the passenger seat will be the most comfortable position for you.
9. Do NOT sit for periods longer than 20-30 minutes. You may increase this time as you become more comfortable.
9. **DO NOT DO THE FOLLOWING:**
 - Lift anything greater than 10 lbs.
 - Bend or twist at the waist
10. DO walk as much as possible. Stairs are good for you, but take it slow. You may also use a treadmill. No running. If you were discharged using a walker and/or cane, you may stop using these assistive devices

www.rsiegfriedmd.com

PMB # 336

270 Sparta Avenue, Suite 104

Sparta, New Jersey 07871

Telephone/Facsimile (973) 796-5216



RICHARD SIEGFRIED M.D.
COMPREHENSIVE PAIN MANAGEMENT

once you feel safe and comfortable. Physical therapy usually begins after 3 weeks. Orders for physical therapy will be given at your first postoperative visit. At that time, you will be given additional instructions regarding bending and lifting.

11. If your incisions have sutures or staples, they will be removed in 2 weeks at your first postoperative visit.

12. Return to work instructions must be tailored according to your type of work. This can be discussed with your surgeon at your postoperative visit.

www.rsiegfriedmd.com

PMB # 336

270 Sparta Avenue, Suite 104

Sparta, New Jersey 07871

Telephone/Facsimile (973) 796-5216