



# NEUROSCIENCE AND SPINE CENTER

Dr. William Hunter

## LUMBAR POST-OP INSTRUCTION SHEET

### **Incision Care:**

Follow instructions given by the hospital. After you have cleaned the incision with Hibiclens, please let it air dry for 10-15 minutes before applying a clean dressing. Once you have used the supplies provided by the hospital, the incision will not need to be covered, however if necessary, can use gauze and paper tape. If you have steri-strips they should come off when they have loosened enough to remove easily. Should you have outside stitches; they will be removed at your first post-op appointment. **Do NOT** apply any ointment to the incision. Should you notice any irritation from the Tegaderm bandage, please remove and contact the office for further instructions.

### **Activity:**

- You may stand and walk as much as you like. Note: Prolonged sitting/laying can increase discomfort.
- Walk 3-4 times per day, increasing the length every 1-2 days. Walking is very beneficial for the healing process.
- **No Driving** until your first post-op appointment. You may ride in a car as necessary.
- **Do Not Lift** more than 5 pounds. **Limit the following:** Bending, squatting, twisting, lifting and reaching until you are seen for your first post-op appointment. No housework or yard work.

### **General Information:**

- Wear the support stockings until you are up walking more than you are resting. Use the spirometer (breathing machine) 10 times an hour for 2 weeks after surgery. **These methods are extremely encouraged to prevent blood clots from forming** and decrease the risk of any lung infection following anesthesia.
- If you **have not** had a bowel movement within 24 hours after surgery, begin using Milk of Magnesium or MiraLax as directed until you have had results. Stool softeners should then be taken for the next several weeks. Pain medications can cause a slowing of the bowels.
- You may experience burning sensation along with numbness/tingling in the low back, hips and legs. This is due to the nerve endings and is part of the healing process. You can rotate heat/ice to the area, however **NO** heat to the incision site.
- **Medications:** Percocet & Hydrocodone will be prescribed for pain. The Percocet is to be taken first followed by the Hydrocodone. These meds **are not** to be taken at the same time. Refills should not be necessary prior to your first post-op appointment. If you are unable to take these medications due to an allergy, Dr. Hunter will address this the day of surgery. You will also be given a 1 time prescription of Valium to be used as a muscle relaxer. An antibiotic will be sent to your pharmacy 1-3 days prior to surgery. This is given as a precaution against infection following surgery.
- **Bone Growth Stimulator and/or TENS Unit:** Should you receive a call in reference to either of these they have been ordered to be used post-operatively. You can contact the office should you have additional questions.
- **If you had a fusion surgery:** Anti-Inflammatory: You should avoid medications such as Advil, Motrin, Aleve, Ibuprofen, etc for 3 months following surgery. These can slow the healing process if you have had a fusion surgery.
- Call the office if there is any redness, swelling, drainage, increased tenderness of the incision or fever of greater than 101.5.

IF ANY QUESTIONS, PLEASE CALL THE OFFICE AT 704-864-5550