

### **Mobility**

- When you go home you may get up and walk, be active
- You may go up and down stairs, but make sure to hold on to the rail and have someone with you
- You should avoid excessive bending and twisting of your neck and may not lift anything over 10 pounds until cleared by your surgeon

### **Driving**

- You can ride in a car, but cannot drive until you have been off any sedating medicines and your leg needs to be working well. Driving is a legal issue. You are legally responsible to be a safe driver. You must be able to apply the break quickly if someone runs out in front of you and you must be able to look completely over both shoulders comfortably. Please test your driving on a side road during daylight prior to advancing to a freeway or night-time driving.

### **Dressing/Shower**

- You can take a shower after dressing is removed which is 24 hours after your drain is out and the wound is dry. Please avoid tub baths, swimming pools and hot tubs as these activities increase your post-operative risk of infection.

### **Incision care**

- Check your incision daily. Notify our office if you have a fever of 101.5 or greater despite acetaminophen or you notice redness at your incision site and the area around incision is warm or hot to your touch, if you experience swelling or have a clear or yellowish drainage from your incision site please place sterile dressing over incision and call the spine office at 502-584-7525

### **Medications**

- It is very important for your fusion to avoid anti-inflammatory medication (examples: Ibuprofen, Motrin, Advil, Aleve, Naproxen, Mobic, Meloxicam, Diclofenac) for at least 3 months after your surgery or until your surgeon gives you the ok to start taking again
- It is important to take calcium and vitamin D supplementation daily to improve your bone quality as fusion occurs.
- You cannot take Acetaminophen with your pain medicine. Your pain medicine has Acetaminophen in it. You cannot take both. You should use your pain medication on an as needed basis only. You should start weaning pain medications on your own as soon as you are able.
- One of the side effects of the pain medication is constipation. You will probably need to take an over the counter laxative in addition to your stool softner. Please let our office know if you are having problems having a bowel movement
- One of the side effects of your muscle relaxer is drowsiness. If you begin to feel too drowsy and you are not able to get up safely to ambulate, decrease the frequency of your muscle relaxer.

### **Appointments/Follow up**

- Make an appointment to see your surgeon in 3-6 weeks if not already scheduled
- Call our office 703-723-6774 if you have any problems. There is a surgeon on-call 24 hours a day.