

Lemons Lumbar Discharge Instructions
SURGERY CENTER OF PINEHURST

Home Instructions after Lumbar Surgery

These are general guidelines and your doctor may have different and/or additional instructions.

Until further notice, **no heavy lifting, bending, twisting, pushing, pulling, overhead lifting, driving. No lifting weight greater than 5#**. If only cervical or lumbar decompression (without hardware/fusion, plate, rods, screws) may restart Non-Steroidal Anti-inflammatories (NSAIDS) 5 days after surgery. If surgery involved hardware/fusion then **DO NOT** restart NSAIDS until further notice. Unless otherwise instructed at discharge may restart aspirin, fish oils, multivitamins, herbal medications 5 days after surgery. Unless otherwise instructed at discharge may restart anticoagulants/antiplatelet medications 7 days after surgery such as Coumadin, Xarelto, Heparin, Pradaxa, Eliquis, Arixtra, Plavix, Entropen, Norvasen, Effient, Brilinta, etc. If any questions about your blood thinner contact office for instruction. Take pain medication as prescribed and as needed with food. If prescribed a lumbar brace, **wear as directed**, when weight bearing/ambulating or sitting up greater than 30 degrees. No necessary to wear when laying flat to sleep or shower or less than 30 degrees such as in a recliner.

Change dressing post op day #3, keep incision clean and dry at all times. You may shower after post op day #3. Do not allow water to directly hit the incision site. The incision should be covered at all times by a layer of steri-strips. If they become damp or soiled replace with a clean strip as needed until first post op follow up visit at the office. After 5 days post op the steri-strips may remain open to air. Do not apply lotions or creams to your incisions; these may interfere with healing.

If changes occur prior to your follow up, such as redness/drainage from the incision site, weakness to your extremities, increased arm/leg pain, bowel/bladder changes, fever/chills (greater than 100.3), or any other concerns **you may contact our office at 910-295-6831 and request to speak with the Orthopedic Triage nurse.**

Follow up in approximately 3 weeks from date of surgery at Pinehurst Surgical Clinic. If you do not have a scheduled appointment please call 910-235-2926.

Thank you for allowing us to participate in your care.