

POST OP INSTRUCTIONS FOR SPINAL FUSION

1. Home or extended care facility after two to six days post op.
2. Keep incision clean and dry for seven (7) days. You may remove the dressings on day three (3) after your surgery.
3. You can shower by placing Saran Wrap over the incision and taping the edges, starting with the second post op day. On the seventh (7) day, it is okay to shower without covering the incision.
4. If a brace has been prescribed you must wear the brace at all times (24 hrs. a day) except for showering, unless otherwise advised by Dr. LaGrone.
**NOTE - Wearing an undershirt underneath the brace will be more comfortable.
5. You may shower out of the brace but remember not to bend or twist during this time.
6. Walk daily, gradually increasing time and distance with a goal of walking one to three miles per day by three weeks post op. A treadmill may be used.

Example:

First day - Walk within the house.

Second day - Walk a half a block.

Third day - Walk three-quarters to one block. Each day increase the distance and time.

**NOTE - This is an optimal achieved goal. Listen to your body for signs of overdoing it, i.e., increased pain, numbness, or weakness. If the examples of over doing it occur, cut your distance and time in half and gradually increase. If symptoms continue or increase, call the office.

7. Do not take any Non-Steroidal Anti-Inflammatory drugs for at least 3 months. **Examples : Advil, Motrin, Ibuprofen, Aleve, Naproxen, Naprosyn, Aspirin, Excedrin.
**You may resume taking low dose aspirin as a heart attack and stroke preventative after surgery.
8. Avoid heavy lifting, bending, twisting, or stooping until cleared by Dr. LaGrone.
9. For the first 2 weeks after surgery, be aware of excessive sitting. This can cause some discomfort..
10. It is okay to drive after three (3) weeks, unless otherwise directed.
11. Call Dr. LaGrone's office at (806) 354-2529 if the following occur: increased redness, swelling, or drainage from the incision; fever over 101 degrees Fahrenheit; or increasing lower extremity pain, weakness, numbness. Bladder or bowel control problems.
12. Follow up in the office will be two to four weeks after your discharge from the hospital. This appointment should be made by the hospital staff during the weekdays. However, if you are discharged on the weekend you must make the appointment on the following Monday.