



After Your Surgery

Lower Back Surgery

Postoperative Instructions

What You Should Expect...

- A moderate degree of back pain, stiffness and muscle spasm
- A low grade fever
- A small amount of seepage from your incision
- Numbness in your leg and foot

Following Surgery...

- You may lay in any position that is comfortable to you.
- You may find that sitting in a recliner is comfortable.
- Keep dressing dry for 48 hours.
- Showering is allowed. Do not soak in the bath tub.
- After 48 hours, you may remove the dressing, gently cleanse the area with soap and water, pat dry and apply a large Band-Aid or gauze dressing.
- Do not apply creams or ointments to incision.
- Travel up stairs carefully and sparingly.
- Your activity level should gradually increase, and walking is encouraged as tolerated.
- No driving for 7-10 days post surgery.
- No lifting over 10 pounds, bending, twisting, or stooping.
- Your staples/stitches will be removed 10–14 days after surgery.

You Should Call the Office if...

- There is a large amount of drainage
- There is more than a small amount of blood tinged drainage or drainage appears to have pus (infection)
- Temperature greater than 101.5°
- Worsening numbness or weakness of legs
- Difficulty passing urine

Your first appointment will be
by the RN

You will be seen

Your follow up appointment with the doctor will be _____.

*****IF YOU HAD A PERMANENT STIMULATOR PLACED, PLEASE NOTIFY YOUR
REP OF YOUR POST OP APPOINTMENT DATE AND TIME WITHIN A FEW
DAYS AFTER SURGERY.**