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## LOWER BACK SURGERY

### Post Operative 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 bandaid 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 one week.
- No lifting over 10 pounds, bending, twisting, or stooping.
- Sexual relations may be resumed after 10 days in any position that is comfortable to you.
- Taking two ibuprofen (Advil®) every four hours will help with pain control.
- 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