



## **DR. HUANG POST-OPERATIVE INSTRUCTIONS: LUMBAR FUSION**

- Please see Dr. Huang at 6 weeks/3 months/6 months/12 months postoperatively.
- Preoperative leg pain symptoms should be significantly improved immediately after surgery, although mild leg symptoms may persist for several weeks.

### **ACTIVITY**

- Minimize lumbar bending/twisting, or lifting > 10 pounds for the first 3 months.
- Ambulation is encouraged. You may use stairs if needed.
- May start elliptical trainer, stationary bike exercise 2 weeks postop.
- Physical therapy is optional and may start after the 3 month checkup.
- No driving for 2 weeks.

### **INCISION CARE**

- Stitches are self-dissolving, no suture removal is necessary.
- Please shower daily after you are discharged from the hospital. Remove bandages (leave Steri-strips or Dermabond in place) and take a 5 minute shower. Wash the incision gently with soap and water. Immediately after showering, dry the incision and cover with dry gauze and medical tape (available at CVS) or a large Band-Aid. Change your bandages once daily when you shower. Do not put anything on the incision except a clean, dry bandage (no ointments, lotions, etc.).
- After 14 days, it is no longer necessary to put bandages over the incisions.
- If the incision is draining any fluid more than 10 days after surgery please call the office.

### **MEDICATIONS**

- Take pain medication only as needed for pain. Gradually decrease the amount of narcotics used to avoid dependency and side effects. Most patients do not need narcotic medication after 1-2 weeks. Do not take anti-inflammatory medication such as ibuprofen or naproxen for 3 months.
- You may take Tylenol as needed for pain.

**If any additional questions, please call us at (212) 606-1634.**