

TEXAS NEURO SPINE INSTITUTE, P.A.

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Post Operative Instructions for ALIF/Posterior Lumbar Spine Surgery

- 1) Change dressings daily with gauze and tape. The dressing does not need to be air tight. The hospital will provide dressings. If you run out of dressings, you can buy more at CVS or Walgreens.
 - a. The belly incision has dermabond(glue). This will look flaky. Do not peel off. This will flake off over time. You need to change the dressing on the belly incision once a day for 5 days, then leave open to air.
 - b. Please change the back dressing daily until your first post op visit.
 - c. If your dressing becomes wet, it is ok to change the dressing more than once per day.
- 2) Do not get the incisions wet until day 5 after the surgery. When you get ready to take a shower, take the dressing off, run water over the incisions(no soap/ointments/creams), then blot the incisions dry and place a new dressing, if needed(see above).
- 3) NO BLTs(bending, lifting more than 5 pounds, twisting).
- 4) Wear back brace, if provided one, when sitting/standing/walking for more than 5 minutes. You do not need to wear the brace when sitting in a recliner, on the couch, or in bed.
- 5) No driving for 2 weeks after the surgery. Do not drive while taking narcotic pain medications.
- 6) You need an appointment for 2 weeks after the surgery. If you do not already have one, please call the office.
- 7) You are encouraged to walk throughout the day. We recommended walking 15-20 minutes every couple of hours throughout the day. If you are not able to walk frequently, then use the incentive spirometer provided by the hospital throughout the day.
- 8) Do not take NSAIDs for 3 months after the surgery as this delays the healing process. Smoking also delays the healing process.
- 9) Call the office(214-393-5007) immediately if you:
 - a. Have a fever greater than 101
 - b. Notice drainage from the incision site
 - c. Notice redness around the incision site
 - d. Develop significant weakness/numbness not present before the surgery