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Post-Operative Instructions: Lumbar Interbody Fusion

- You had surgery to fuse levels in your lumbar spine.
- Avoid bending, lifting, or twisting with anything heavier than 10 pounds.
- You should keep your dressing on, clean, and dry until 3 days after your surgery date. If you need to shower, please avoid getting water on your dressing or otherwise sponge bathe.
- You may remove your dressing after day 3. You may shower and allow water to touch the surgical site, but do not scrub the surgical site vigorously.
- After your shower, replace your dressing with regular gauze and tape.
- Take the following pain meds as prescribed:
 - Tramadol 50 mg, one tablet every 6 hours as needed for pain (take before oxy)
 - Oxycodone 5 mg, one tablet every 4 hours as needed for pain
 - Celebrex 200 mg, one tablet every 12 hours
 - Acetaminophen 1000 mg every 8 hours as needed for pain
 - Gabapentin 300 mg, one tablet every 8 hours
 - Cyclobenzaprine 10 mg, one tablet every 8 hours as needed for spasm
 - Medrol Dosepak, take as directed
 - Ondansetron 4 mg tablet every 4 hours as needed for nausea
 - Lidoderm Patches
 - Keflex (Cephalexin) 500 mg tablet, 4 times daily for 7 days
 - Docusate Sodium 100 mg, one tablet twice daily
- You may resume your home medications. If taking NSAIDs or blood thinners, wait until day 1 after your surgery date.
- Do not drive while on narcotics. Clearance to drive is typically after your first postoperative appointment.
- Schedule your first follow up appointment for 1 week after your surgery date by calling Dr. Uchechi Iweala's office number.
- If you develop shortness of breath, chest pain, copious wound drainage or other concerning signs or symptoms, then call Dr. Iweala's office number or go to your nearest

ED. A sore or scratchy throat, hoarse voice, and some spotting on your dressing are expected occurrences after surgery.

- Congratulations on successfully getting through your surgery!