

Dr John C.L. Sun Inc.

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CANADA

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***Lumbar Fusion
Patient Instructions***

Wound Care

Please keep the incision dry for 10 days following the operation. If you wish to shower, have someone tape Saran (plastic) wrap around the incision and take a brief shower. If the dressing is dirty or wet, remove and replace with a new one. Make an appointment with your Family Physician to assess the incision to ensure that there is no infection (redness with fever and chills) and remove any steri-strips, sutures or staples, 10 days following the operation. Please keep the incision dry for 24 hours after the steri-strips, sutures or staples have been removed. If you notice any fever, chills, incisional redness, yellow discharge or clear discharge seek immediate medical attention and contact Dr. Sun's office.

Post-Operative Course

Occasionally leg pain may return, usually 1-3 weeks following the operation. The pain usually is not as intense as before and should settle with rest and anti-inflammatory medication. To prevent this pain from returning, take Ibuprofen (purchased over the counter) for 3 weeks after the operation as needed. Use as directed. This can be combined with Tylenol. Certainly if you have an allergy or intolerance to these medications you should avoid them and speak to your Family Physician regarding alternatives. Hold off on any strenuous or any aggravating activity and physiotherapy until it settles. If it does not, contact your Family Physician or Dr. Sun.

Activity

Use the brace that was fitted in hospital when you get up and avoiding bending or twisting at the waist. The brace will be used in this manner for a total of 12 weeks. Dr. Sun will review activity and the brace at 6 weeks with you.

Follow-up

Dr. Sun's office will make arrangements to see you in 6 weeks following the operation. His office will contact you with the appointment time within 2 weeks of discharge.