



Upper Bay  
Surgery Center, LLC

## LUMBAR FUSION

### Patient Education & Resource Guide

Your Lumbar Fusion is scheduled with

Dr. \_\_\_\_\_

Date: \_\_\_\_\_

Time of Arrival: \_\_\_\_\_ Time of Surgery: \_\_\_\_\_

Upper Bay Surgery Center, LLC

360 E. Pulaski Hwy. Suite 2A, Elkton, MD 21921

**PHONE: 410.620.3348**

**FAX: 410.620.3351**

# BEFORE YOUR SURGERY

## WELCOME TO UPPER BAY SURGERY CENTER, LLC

A nurse from Upper Bay Surgery Center will call you to do a pre-operative assessment. She will ask you general question about your medical history and medications that you are currently taking. She will also give you information about your surgery including instructions for your day of surgery.

The day before your surgery you should drink and eat as usual.

You should shower the night before and the morning of surgery with an antibacterial soap such as Dial, Zest, or Lever 2000.

Make sure you home is ready for you when you return from surgery. All areas where you will be walking should be free of cords, throw rugs, and any other items that could cause you to trip or lose your balance.

You will receive a call from Upper Bay Surgery Center the day before your surgery. This call serves as a reminder for your time of arrival.

## DAY OF SURGERY

You must have a driver to bring to your surgery and take you home. You may not drive yourself.

Wear loose-fitting comfortable clothing, (ex. Sweat pants in winter, shorts in summer)

After your surgery, you will remain in PACU for approximately 1-3 hours. During that time, you will be given something to eat & drink, and receive a second dose of IV antibiotics. Medications for pain and/or nausea are available for you as needed.

You will be given a copy of your doctor's discharge instructions.

When you are discharged, we will take you to your car in wheelchair.

The surgery center will call the Home Care nurse when you are leaving the center after surgery, so she can meet you at your home.

# RETURNING HOME

When you arrive home, it is highly recommended that you have two people to help you from the car to the house. Please also arrange for a family member or friend to stay with you at all times.

The Home Care nurse will visit you after you arrive at home. She will do an assessment and ask you questions. Her visit will take approximately 1 ½ hours. During that visit, she will also review your doctor's orders and instructions. The physical therapist will meet with you after the nurse. **(This is subject to change – per physician request)**

## INCISION

- You may remove your dressing 48 hours (2 days) after your surgery.
- Please make sure your incision is checked at least once daily for signs and symptoms of infection.
- If any of the below should occur please call the office:
  - ✓ Drainage (continued or increased) from incision beyond 5 to 6 days after surgery
  - ✓ Opening up of the incision
  - ✓ Fever greater than 101 degrees
  - ✓ Increased redness and/or tenderness around your incision
- The staples or outside visible sutures on your incision will be removed 2 to 3 weeks following your surgery

## BRACE

- If a brace was provided to you then you must wear the brace at all times when you are walking around out of bed.
- There is no need to wear the brace in bed.
- Do not discontinue your brace before discussing it with **Dr. \_\_\_\_\_** or his staff directly.
- Always wear a T-shirt under your brace so that the brace is not in direct contact with your incision or bare skin.
- The brace may cause you to sweat and you may feel warm, this can irritate your incision so pay special attention to the above "incision" Instructions.

## SHOWERING

- You may shower 4 (four) days after surgery.
- Do not scrub the incision.
- **No tub baths hot tubs, swimming pools, or whirlpools for 6 weeks - showers only**

## EXERCISE

- You should only lift objects weighing less than 10 lbs for 3 months after surgery.

- Do not bend or twist at the waist as much as possible - **bend at your knees to reach down!**
- Limit your sitting to 30-60 minute intervals.
- You should lie down or walk in between sitting periods.
- There are no limitations for sitting in a recliner chair with your feet up.
- Walk as much as possible with frequent rest stops and let your discomfort be your guide on how much to do on a daily basis.
- You may also go up and down stairs as you can tolerate.
- Walking outside (as long as it is nice weather and on even ground) or walking slowly & carefully on a treadmill (no incline) is permitted.
- Do not engage in strenuous exercise/aerobics for the first 3 months.

### **PAIN**

- Take pain medication as prescribed.
- As your pain level decreases, you may begin to take over the-counter Extra Strength Tylenol.
- **DO NOT** take anti-inflammatories like (Advil, Alleve, Motrin, Naprosyn, Mobic) for 12 weeks after surgery because using these medications can decrease your fusion healing.
- Do not resume taking Fosamax until 8 weeks after your fusion surgery.
- To help alleviate persistent soreness around the incision, apply ice or warm heat.
- It is normal to have some pain, numbness , or tingling in the legs for the few weeks or months after back surgery
- **RESTART YOUR OTHER HOME MEDICATIONS AND USUAL DIET.**
- **DO YOUR BEST NOT TO SMOKE OR DRINK ALCOHOL FOR 8 WEEKS AFTER YOUR SURGERY.**

### **DRIVING A CAR**

- You should NOT drive a car for at least 3 weeks postop and after taking narcotics.
- You may be a passenger for short distances (30-60 minutes).
- If you must take a longer trip, make sure to make several rest stops so that you can walk around and stretch your legs.
- Reclining the passenger seat seems to be the most comfortable position for most patients.

### **FOLLOW-UP APPOINTMENTS/QUESTIONS**

- Please make an appointment about 2 to 3 weeks after surgery with **Dr. \_\_\_\_\_'s office.**
- Call (302) 366-7671
- For additional questions, call our office at (410) 620-3348 during regular business hours.
- If you have chest pain, trouble breathing, car accident, prolonged nausea or vomiting or any emergency situation call 911 or go to the nearest Emergency Room.

## IMPORTANT THINGS TO REMEMBER

- Wash your hands **frequently**
- Eat a healthy diet
- Drink plenty of fluids
- No alcohol
- You may feel nauseated or constipated after surgery.
  - Both symptoms can be managed. **Please speak with your nurse if you don't feel well.**

## INSURANCE INFORMATION

If you have a commercial insurance, not Medicare, your insurance company determines the number of nursing & physical therapy visits you may have at home. Your particular policy may also require a co-pay amount for each visit. You may want to call your insurance company to verify your coverage for these post-operative visits.

## CONTACT INFORMATION

**Upper Bay Surgery Center, LLC:** 410-620-3348

**\*Amedisis (Mayland):** 410-398-4733

**\*Amedisis (Delaware):** 302-678-4764

\*Home care agency

