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Orthopedic Spine Surgery
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Post-operative Care after Lumbar Surgery

Activity

- No bending, twisting, or lifting over 10 lbs.
- Avoid sitting for greater than 45 minutes without taking a break.
- When sitting, sit in a reclined position rather than a 90° angle.
- Try to keep your back straight.
- Small amounts of frequent walking is recommended.
- No swimming or jogging until further direction is given by Dr. Catino.

Incision

- Place a dry dressing on your wound daily.
- You may typically shower 48-72 hours after surgery. Keep the stream of water off the incision.
- Do not take any baths.
- Do not place any creams on the incision.
- Do not remove the paper tapes. They will typically fall off after 2 weeks.
- Call Dr. Catino's office for any fevers, chills, increasing pain, warmth, or drainage. If you cannot reach the doctor, proceed to the Emergency Room.

Driving

- Do not drive for at least 2 weeks after surgery.
- If you must be a passenger in the car, recline the seat and travel short distances only for the first month.
- When driving, take a 15 minute break for every 45 minutes of driving.

Pain Relief

- Prescriptions for pain medication will be provided when you are discharged from the hospital.
- Intermittent recurrent pain in the arms and legs can be typical during the post-operative period. This will commonly continue to improve.
- Numbness improves less predictably and may persist.
- No NSAID medications (including ibuprofen and naproxen), Aspirin, Coumadin, Plavix, or any other anticoagulant medication for 2 weeks after surgery.

Follow-up

- Call Dr. Catino's office to make a follow-up appointment for 2 weeks after surgery.