

Lumbar Microsurgery

A guide for patients and their caregivers



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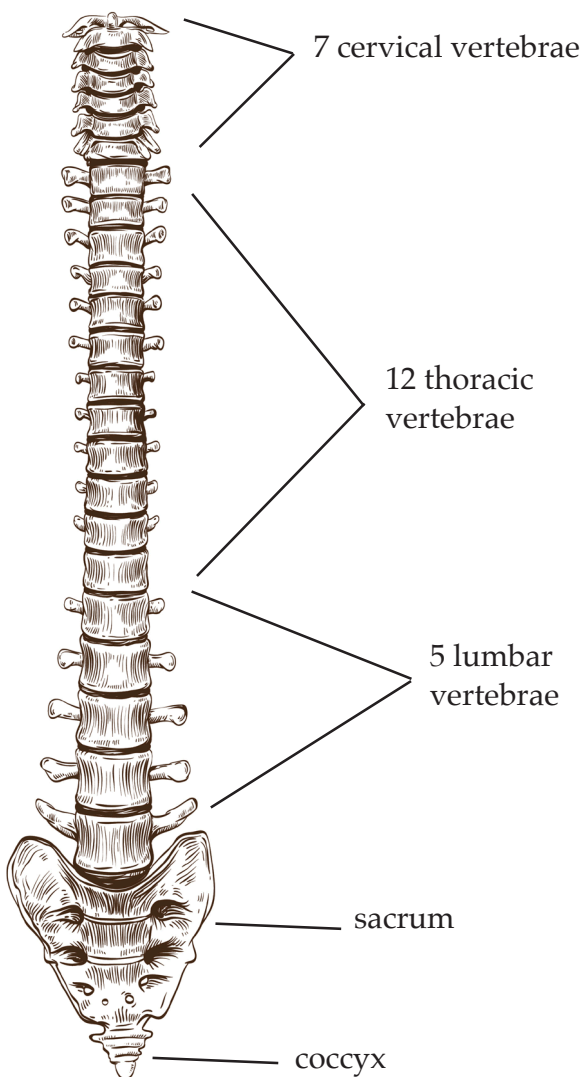
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About the Spine

The spine is a stack of bones that runs down the middle of your back. It starts at the bottom of your skull and goes all the way down to the end of your tailbone. The spine:

- supports your body
- allows you to move freely.
- houses and protects the spinal cord—the nerve center of your body.

View of the spine from the front



The spine has 26 bones

- There are 24 bones (vertebrae) that start at the top of your spine. These are the separate bones that connect like puzzle pieces. There are:
 - 7 vertebrae in the neck area (cervical)
 - 12 vertebrae in the chest area (thoracic)
 - 5 vertebrae in the lower back (lumbar)
- The next to the last bone of your spine is the sacrum. The sacrum is actually 1 large bone made of 5 fused bones.
- The bone at the very end of the spine is the tailbone (the coccyx).

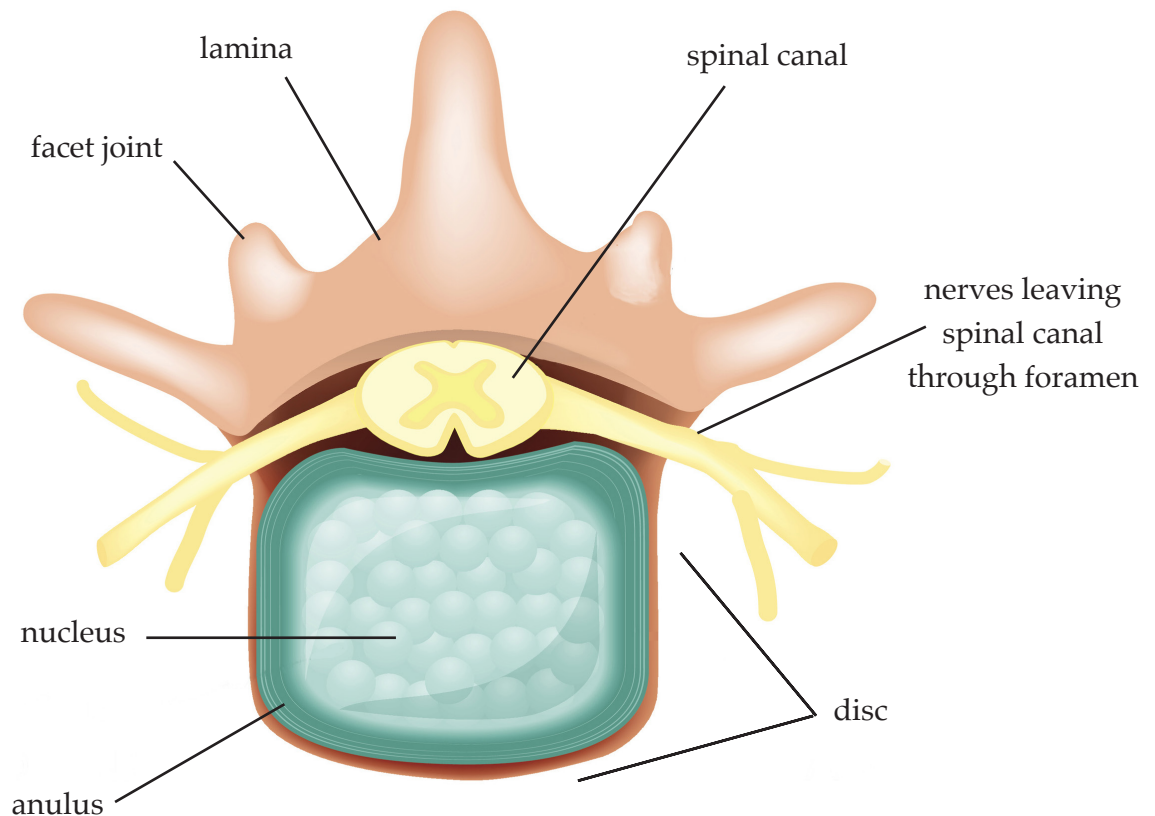
There are discs between most of the bones in the spine

There are soft pads of tissue between most of the vertebrae in your spine. These are called discs. The only vertebrae that do not have a disc between them are the top 2.

Details about the discs

- Each disc has a spongy center (nucleus) and a tougher outer ring (annulus). Movement in the nucleus is what makes it possible for the vertebrae to rock back and forth on the disks. This give you the flexibility you need to bend and move.
- The discs absorb shock caused by movement.
- The discs also keep the bones from rubbing up against each other when you move.

Cross-section of a vertebra and disc



The spine has 3 natural curves

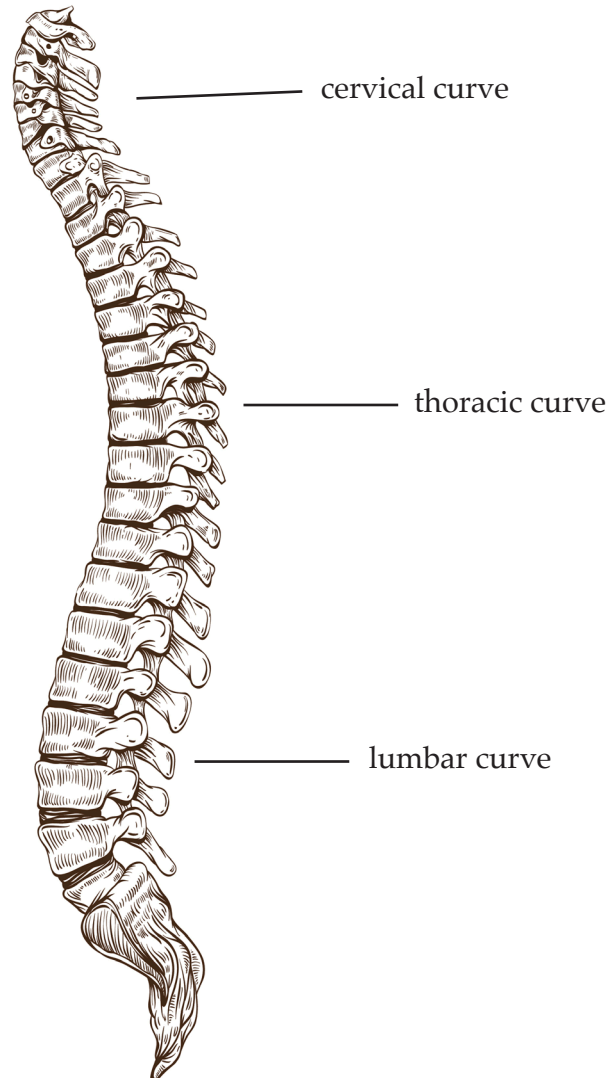
A healthy spine with proper alignment has 3 natural curves: cervical, thoracic, and lumbar.

- These curves keep your body balanced.
- These curves support your body when you move.
- These curves distribute weight through the spine, making back injuries less likely.

Muscles support the curves of the spine

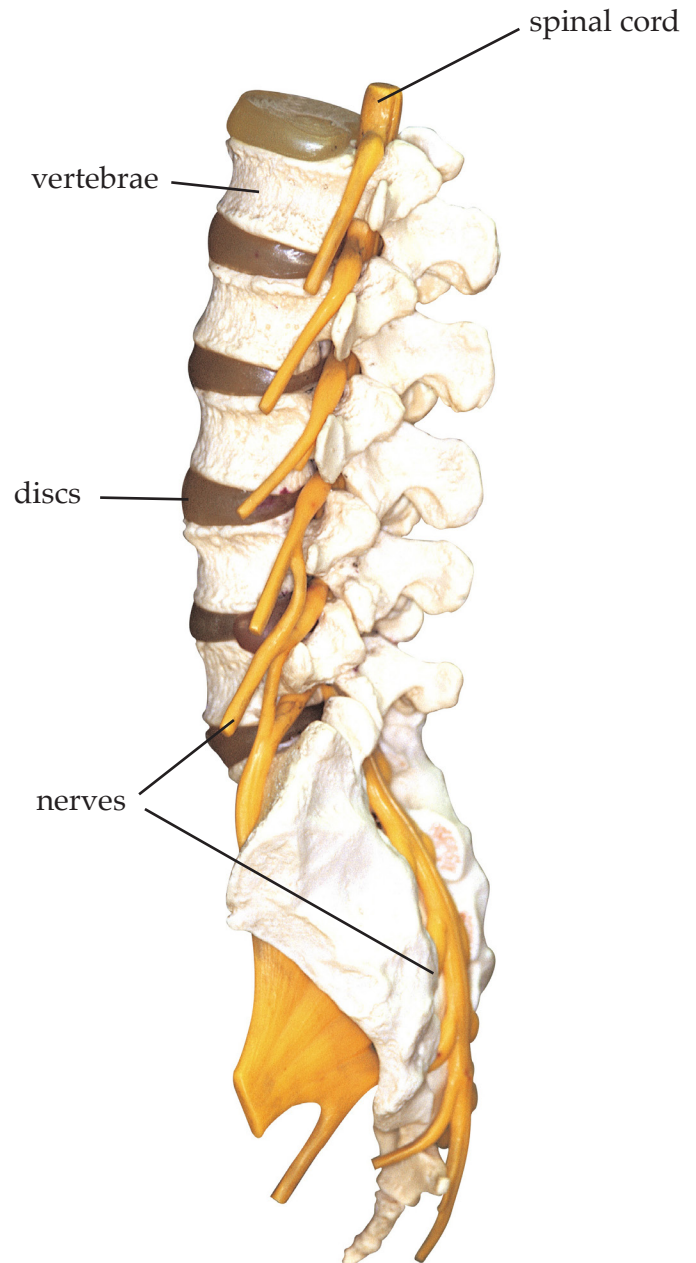
Strong, flexible back muscles help support the curves of your spine. They do this by holding the vertebrae and discs in correct alignment. Strong and flexible belly, hip, and leg muscles also help support your back.

View of the spine from the side



The spinal cord runs through the middle of your spine

- The spinal cord is the nerve center of your body.
 - It runs through the center of your spine
 - It connects your brain to the rest of your body.
 - It starts at the base of your brain and usually ends at the first or second lumbar vertebrae.
- All along the spine and at the end of the spine are nerve roots.
 - Nerve roots exit and enter the spinal canal on both the left and right sides and the end of the spine.
 - The job of the nerve roots is to carry electrical signals to and from the spinal cord and the muscles, organs, and other parts of your body.



About This Surgery

What is lumbar microsurgery?

This surgery is done to relieve compression or squeezing that is happening to the nerves or nerve roots in the lumbar spine. Your surgeon will do 1 or more of the following:

Lumbar microdiscectomy

In this procedure, nerve compression is fixed by taking out the part of the disc that is pressing on the nerves. Your surgeon will get to the disc by first removing bone over the spinal canal then carefully holding the nerves out of the way.

Lumbar microdecompression

In this procedure, nerve compression is relieved by removing bone. No disc material is removed.

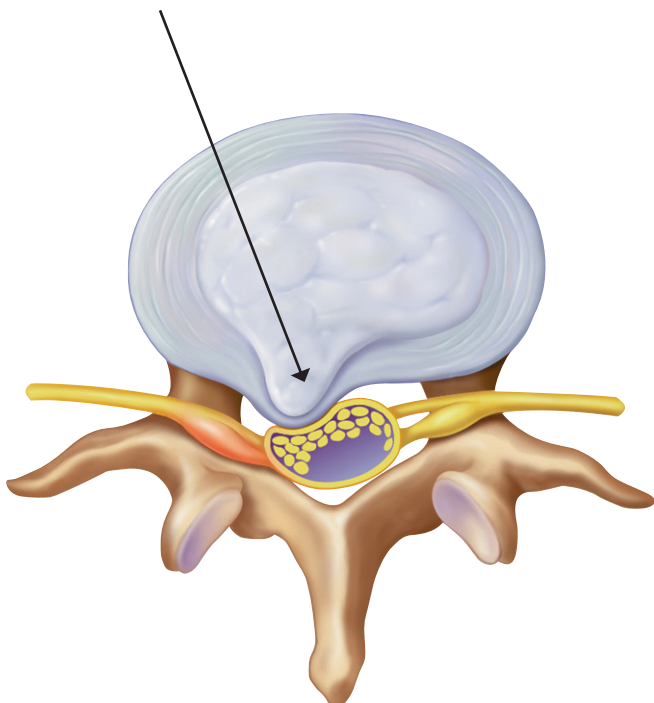
Foraminotomy

During this procedure we open the foramen to relieve pressure on the nerves.

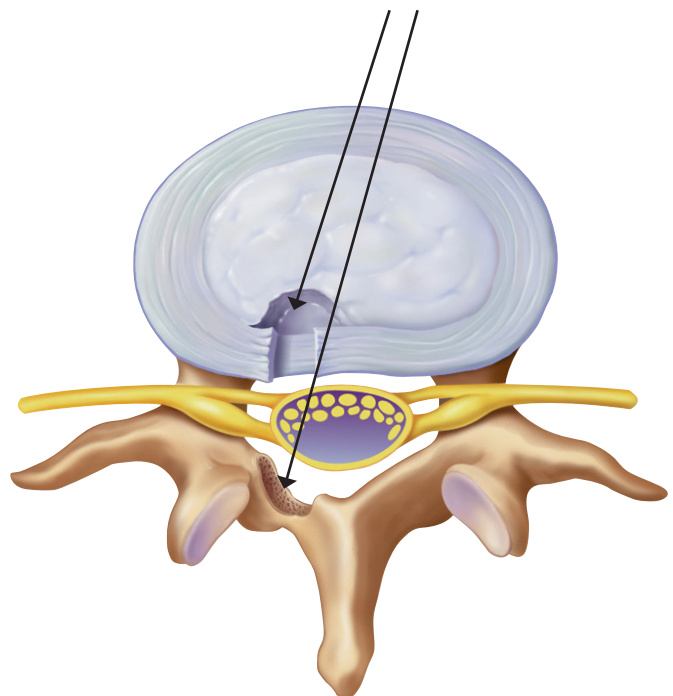
Laminectomy

During this procedure we remove the lamina in one or more place from your spine. This will remove pressure on the nerves.

Disc pressing on nerve



Bone is removed



Why do I need this surgery?

Compression or squeezing on the nerves or nerve roots in the lumbar area of your spinal cord may be causing the different problems you may be having. The goal of surgery is to relieve this compression, which will help your symptoms. Symptoms you may have include:

- back pain
- leg pain
- weakness in your legs
- numbness in your legs
- problems with your bladder function
- problems with your bowel function.

What causes spinal nerves to be compressed or squeezed?

- **Degenerative disc disease:** A disc in the spine ages and loses its ability to cushion the vertebrae. The disc loses its elasticity, which can cause the disc to crack, flatten, or even turn into bone. As the disc flattens, the vertebrae on either side of the disc rub together. This can cause bone spurs, which can cause pressure on the nerves.
- **Herniated disc:** The outer part of a disc (the annulus) tears. The tear allows the soft watery material inside of the disc to come out. The disc herniation can then cause pressure on the spinal nerves or the spinal cord, which can lead to pain and other problems.
- **Bulging disc:** The soft, inner part of the disc stays inside the annulus, but it is no longer in the right place. A bulging disc can cause pressure on the spinal nerves or the spinal cord, which can cause pain and other symptoms.

- **Spinal stenosis:** Bone spurs grow into the space through which the nerve roots exit the spinal canal and make it smaller. This can cause pain and other symptoms.
- **Spondylosis:** Degenerative arthritis of the spine. This type of arthritis can cause pressure on spinal nerve roots, which can cause pain and other symptoms.
- **Radiculopathy:** Pressure on the root of the spinal nerves, which can cause pain and other symptoms.
- **Myelopathy:** Pressure or compression on the spinal cord, which can cause numbness, weakness, tingling, and other symptoms.
- **Pseudoarthrosis:** Bone does not fuse together.

What are the possible benefits of this surgery?

Most people have lumbar microsurgery to lessen the pain and symptoms caused by their back problems. Some benefits of a successful surgery may include:

- less pain
- less weakness and numbness
- the ability to be more active and gain a better quality of life
- improved physical fitness
- better mood
- increased productivity, including being able to return to work or other activities.

What are the risks of this surgery?

Like any surgery, lumbar microsurgery has its risks. However, your surgeon would not recommend this surgery for you unless the expected benefits far outweighed the risks.

Major and minor risks

- Scarring: You'll have a scar from the incision that is made during your surgery. The length of your scar will depend on the number of vertebrae in your lower spine that need to be fixed. Generally, the incision made during lumbar microsurgery is about 2 inches long.
- Pain: Expect to have pain after surgery. Fortunately, this pain lessens over time. And even though your back pain will take some time to get better, you may actually notice an immediate improvement in any leg pain you had before surgery.
- Spinal cord or nerve damage.
- Bleeding or possible need for transfusion.
- Infection.
- A tear in the dura of the spinal cord, which results in a spinal fluid leak.
- The re-herniation of the disc material.
- Instability of the spine.

Risks of anesthesia

You'll have general anesthesia during surgery. The goal is to make you sleep and not feel any pain during the surgery. General anesthesia is different from regional anesthesia, where only part of your body is numbed and you may be awake. Risks of general anesthesia include:

- throat discomfort
- injury to teeth or dental work
- harm to the eyes, including blindness
- damage to your vocal cords, which may affect your ability to speak
- headache
- backache
- nerve damage
- being aware during surgery
- allergic reactions
- stroke
- heart attack
- death.

Your anesthesiologist will talk with you in detail about the risks of anesthesia during your pre-surgery appointment.



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You'll have general anesthesia during your surgery.
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Getting Ready for Surgery

There are things you'll need to know and do to get ready for your surgery. Let us know if you have any questions or need any help.

Fill out and return all the medical forms we give you

The surgery scheduler will give you forms to fill out. These forms will ask for information about you, your personal and medical history, and your current living situation. Fill them out and return all of these forms to us right away.

Get your teeth cleaned

Get your teeth cleaned before your surgery. You will not be able to have dental work or teeth cleaning for 6 months after surgery.

Get your vaccines

Plan ahead. If you need to get a live-virus vaccine and your surgery is still more than 6 weeks away, you should have your vaccines now. Though you can get a flu shot with an inactivated virus at any time, you cannot get any live-virus vaccines within 6 weeks of your surgery or for 3 months after your surgery.

Go to your pre-anesthesia appointment

You'll have an appointment to meet with a member of your anesthesia team before your surgery. They'll talk to you about anesthesia and what to expect. They may give you medicine that you'll need to take by mouth on the morning of your surgery.

Go to your appointment at HiRise or VPEC

Before your surgery, you'll come to Vanderbilt for what is called a HiRise or VPEC appointment. This is a very important appointment: do not miss it.

At this visit:

- you'll bring a list of all the medicines you take, including herbal medicines and those you buy without a prescription
- you'll bring any medicines that are hard to fill and may not be available at the hospital
- you'll give some blood for testing
- you may give some of your urine for testing
- you'll find out what medicines you should not take on the morning of your surgery
- you'll talk with an anesthesia nurse practitioner. Be sure to tell this person if you drink alcohol regularly.

Go to any appointments or have tests done if we require them

Before your surgery, you may need to have tests, including a urinalysis, blood work, an EKG, and a chest X-ray. If necessary, all of these tests will be scheduled for you and will be done during pre-testing when you meet with the anesthesia staff.

If it has been some time since you saw your primary provider and you have a lot of medical problems, it would be best that you see your doctor before your pre-test date.

If you smoke, quit now!

DO NOT smoke any time around your surgery—before or after. This includes e-cigarettes, smokeless tobacco, and anything else that has nicotine.

Smoking increases the risk of having medical problems from surgery. Some of these problems include the risk of infection in the instrumentation used in your spine and the risk that your bones and incisions won't heal.

Call us if you get any kind of infection

If you get any kind of infection before your surgery, call the surgery scheduler right away. An infection could move into your spine after surgery and cause serious problems.

If you still have infection the day of your surgery, your surgery will need to be cancelled in order to keep you safe and healthy.

Call us if you develop:

- an infection of your teeth
- an infection of your fingernails or toenails
- a bladder infection
- a pimple, cut, scratch, boil, abscess, or insect bite anywhere on your body—especially on the skin over or around the area of your back that will be operated on
- a rash or flaky skin
- a temperature higher than 100.5°F (38.1°C).

Exercise to stay strong

The stronger and more fit you are before your surgery, the better you will do. We suggest walking, swimming and deep breathing exercises.

Cardiac and aerobic exercises are also helpful if they're approved by your medical doctor and you're able to do them. You may want to work with a physical therapist or personal trainer to get as strong as you can.

Eat healthy foods to stay strong

Include fruits, vegetables, and whole grains in your diet. A healthy diet will help you have a better recovery.

Start planning for your recovery at home

Patients get better faster when they go home to recover since it's helpful to heal in familiar surroundings.

Unless your doctor decides there is a medical reason for you to go to another facility, you can expect to go to your home after surgery. Start getting your home ready now, and make your recovery as easy as it can be.

Make your home safe and easy to move around in

Set up your home now so it will be as easy as possible for you to live in as you recover. Remember, as you recover you will not be able to bend, lift, twist, or stoop down. You'll be very limited in your movement after surgery and need to prepare your home for this.

- Make sure you have a cordless phone or cell phone that you can reach easily.



Cook and freeze meals before you have surgery.

- Cook and freeze meals in advance. Or buy frozen dinners and canned fruits and vegetables. This way, you won't have to worry about doing a lot of cooking.
- Buy heavy or awkward things now before your surgery. This might include dish soaps, detergents, toilet paper, peanut butter, pet food, and heavy jars or cans.
- Store the kitchen items you use the most at counter-top level so they are above your waist and below your shoulders.

Arrange your home to prevent falls

For the first few weeks after surgery, you'll likely need to use a walker or cane (or both). Move your furniture so you have a clear path and will be able to use your walker or cane wherever you need to go.

- Pick up all clutter off the floor so you don't trip or hurt yourself.
- Remove any area rugs in your home so you won't trip over them.
- Tape down all electrical cords so you don't trip over them.
- Put shower grab bars in the shower, and put rubber mats in the bathtub and shower. More falls happen in the bathroom than any other room in the house.
- Consider installing handrails on stairs in or outside of your house before your surgery.
- If your bedroom is on an upper-level floor, think about setting up a bed on the first floor of your home to use as you recover.
- Keep the items you use often within easy reach.

- Get a rolling cart to help you move items without having to carry them.
- If you have pets, make plans to get help feeding and taking care of them since your movement will be so limited.

Arrange for a caregiver

It's important that you have one or more caregivers to help you as you recover. Now is the time to ask family, friends, or others you know if they can help you once you leave the hospital. You'll need help with housework, errands, and driving. Remember that you'll not be able to drive for while. You also will not be able to drive for as long as you're taking your prescription pain medicines.

After surgery, you'll need help with:

- getting to and from the hospital, physical therapy, and doctor appointments
- going to the bathroom and showering
- grocery shopping and meals
- keeping the house clean and safe for you to walk in
- caring for small children and pets.

For the first few days after surgery, it's best if someone can stay with you at all times.

14 days before surgery

Stop drinking any beer, wine, liquor, and all other alcohol drinks.

7 days before surgery

Stop taking the medicines listed here. Taking the wrong medicine too close to surgery can keep you from having your surgery. It could also cause complications.

Important: If one of your doctors thinks it is not safe for you to stop any of these medicines, you must talk to the surgeon!

7 days before surgery, stop taking these prescription medicines:

- blood thinners, such as Coumadin, Eliquis, Plavix, and Persantine
- all anti-inflammatory prescriptions, such as Clinoril, Indocin, Daypro, Celebrex, and Vioxx.

If you take insulin or steroids you may have to adjust your medicines before surgery. Make sure to tell your surgeon about all the medicines you're currently taking.

7 days before surgery, stop taking these over-the-counter medicines:

- aspirin
- ibuprofen
- Advil
- Motrin
- Aleve
- Naprosyn (naproxen)
- any other medicines that contain aspirin, ibuprofen, or other non-steroidal anti-inflammatory drugs (called NSAIDs) that you can buy with or without a prescription.

Note: if you have pain, you may use acetaminophen (Tylenol) products.

7 days before surgery, stop taking these herbals and supplements:

- chondroitin
- danshen
- feverfew
- fish oil
- garlic tablets
- ginger tablets
- ginko
- ginseng
- quilinggao
- vitamin E
- Co Q10.

3 days before surgery

- Get everything ready to go to the hospital. Plan to bring only a few clothes and the personal care items you need, including:
 - a short, lightweight robe
 - loose fitting clothes with elastic waistbands that you can easily put on when you get ready to leave the hospital
 - t-shirts and undergarments
 - shoes or slippers with a closed back and non-skid soles
 - eyeglasses, if you need them
 - a hairbrush, if you need it.
- Do not pack any valuables. They should be left at home.
- Bring a list of all the medicines you currently take. You don't need to bring them unless we told you to at your pre-appointment. For example, if you take, Forteo, you'll need to bring it with you.

The day before surgery

The day before surgery, a surgery scheduler will call you to make sure you know what time to come to the hospital.

Please give them a choice of phone numbers to call in case the hospital needs to speak with you.

The night before surgery

- Remove any nail polish from your fingers and toes.
- Clean your skin to prevent infection:
 - Take a bath or shower.
 - Wait 1 hour. (As you wait, read the instructions that came with the chlorhexidine gluconate antiseptic wipes that we have given you.)
 - After 1 hour, wipe your body with the antiseptic wipes. Follow the instructions exactly. Do not let the wipes touch your eyes, ears, mouth, or genitals. Only use the wipes below the chin. Wipe around the area to be operated on last.
 - Let the antiseptic dry on your body. Do not rinse it off.
- Do not use lotions, moisturizers, powders, or makeup on your body or face after your shower or before you go to bed.

Eating and drinking before surgery

We used to tell you not to eat or drink anything after midnight before your surgery. We have changed this. This change may help you not only feel better but also have better results.

- You may not eat food after midnight, but you're encouraged to drink clear fluids.
- Most people can have clear liquids up to 2 hours before surgery.
- It's best to stop clear fluids when you leave the house or hotel to travel to the hospital on the day of surgery.
- Clear liquids include:
 - water
 - fruit juice without pulp (apple juice and grape juice are clear liquids; orange juice is not)
 - carbonated drinks
 - tea or coffee (no milk or cream)
 - a popsicle
 - sports drinks.

The day of surgery

- If you shower or bathe the morning of your surgery, do not use any lotions, moisturizers, powders, or makeup to your body or face after you wash.
- You may brush your teeth.
- You may take your morning pills. Pills you may take include medicines for your heart, blood pressure, or breathing, as well as any medicines you may have been given at your pre-anesthesia appointment.
- Before you leave for the hospital, follow the instructions and wipe your body again with the antiseptic wipes. Fill out the form that came with the wipes. Bring this form with you to the hospital. The form will become part of your medical record.

At the Hospital

Go to the admission desk when you arrive

Check in at the hospital 2 hours before your scheduled surgery time. Go straight to the patient admission desk in the main lobby on the first floor of the hospital.

Remember: The time your surgery begins may change. Sometimes your surgery can start a few hours later than the scheduled time. Much depends on when the last surgery finishes. Thank you for understanding.

Leave these things at home

- Do not bring your cane, crutches, or walker when you first come to the hospital.
- Make sure your cane, crutches, or walker are in the vehicle that is picking you up from the hospital. You'll need this to help you walk when you go home.
- Do not bring large amounts of money or valuable items, such as jewelry.

After you check in, we'll take you to the Holding Room

- One friend or family member can come with you.
- You'll change into a hospital gown. You'll give your clothes and anything else, like dentures, glasses or contact lenses, hairpins, or jewelry, to your support person to take care of while you are in surgery.
- We'll put an IV into your arm. An IV is a tube that goes through your skin and puts medicine directly into your body.
- You'll meet with your anesthesia team. They'll talk with you about your medical history. They may start managing your pain by giving you some pills to take by mouth.
- We'll take you to the operating room on a stretcher.

.....
*If you feel anxious or
tense at any time,
tell your nurse.*
.....



Surgery

- From the Holding Room, we'll take you to the operating room. The staff members who are working with your surgeon and the anesthesiologists will prepare you for your surgery. You probably will not see your surgeon at this time. You'll be given general anesthesia. Once you are asleep and about 30 to 60 minutes after you go to the operating room, your surgery will begin.
- When your surgery is finished, it usually takes 30 to 60 minutes to wake you up and put you on the hospital bed before you are taken out of the operating room.
- After surgery, the surgeon will speak with your family.

What happens during surgery

Anesthesia

Anesthesia is medicine that we will use before and during surgery to keep you from having pain during surgery. It will also relax you and make you sleep.

The procedure

Your surgeon will make a vertical cut along the middle of your back directly over the vertebrae needing work. The length of this incision depends on how many levels of the lumbar spine need to be corrected. Typically, the incision is about 2 inches long. When the procedure is finished, your surgeon will close your incision.

In case of excess blood loss

All surgeries will cause some bleeding. However, it's highly unlikely that you will need any blood during your surgery. It's rare that a patient may need blood transfusions either during or after cervical fusion surgery. We'll talk with you about this before surgery. If you are against getting blood products, please let us know.

We'll manage your pain before, during, and after surgery

Pain is a common and expected part of spine surgery; you should expect it. But know that we'll help you manage your pain. Our goal is to do everything we can to help lower your pain, while managing the side effects of your pain medicine. We want you to be able to get up, move around, and function well enough that you are able to recover as quickly as possible.

A multimodal pain approach

The approach we'll use to treat your pain is what we call a "multimodal" approach. This means we'll treat your pain in multiple ways:

- We'll give you different types of pain medicines.
- We'll give you pain medicines at different times, including before, during, and after your surgery.



.....
We'll treat your pain in multiple ways.
.....

Pain management before surgery

In the Holding Room, we may give you a few pills with a small sip of water to help stop some of your pain before it even starts. The types of pills and the amount of pills that we give you will depend on your personal history. Your history includes any other medical conditions you have, any medicines you regularly take, and your age. The exact medicines you get will be decided by your surgical and anesthesia teams before your surgery.

Pain management during surgery

While you sleep during surgery, the anesthesia team will give you more medicines through your IV. This medicine will help lower the overall pain you have after surgery, as well as the pain and nausea you have immediately after the procedure.

Pain management after surgery

After surgery, we'll continue to give you more medicine for your pain. Like before, the specific medicines we give you will depend on your medical history and the medicines you already take. In general, the medicines you get will usually include a narcotic pain medicine, a medicine to lower inflammation and swelling, and a medicine to lower nerve pain.

In most cases, we'll give you prescriptions for these medicines when you leave the hospital, and you will take these medicines for a short time after surgery.

After surgery, you'll go to the Recovery Room

In the Recovery Room, we closely watch over you as you wake up after surgery. When you wake up:

- a nurse will help you breathe deeply and have you cough to clear your lungs
 - you'll do ankle pumps to lower the risk of blood clots
 - you'll have an IV in your arm so we can give you medicine as needed
 - you may get oxygen to help you breathe.
- Most people stay in the Recovery Room for several hours after surgery. How long you are there depends on how your body reacts to the anesthesia.
 - If the nurse feels you are up to it, you may be allowed to have visitors once you're awake and your pain is under control.

We'll give you pain medicine after surgery

We'll do everything we can to lessen your pain after surgery. But some pain is simply a part of recovery. Our goal is to make you as comfortable as possible while keeping the side effects of any pain medicine you get as low as possible.

To control your pain after surgery, we'll give you:

- pain medicine through your IV
- anti-nausea medicine through your IV

Once you eat solid foods again, we'll give you pain medicines by mouth instead of IV.

Some of these medicines include:

- tylenol
- muscle relaxers (Flexeril, Robaxin, Tizanidine and Valium)
- nerve pain medicine such as Gabapentin or Lyrica
- anti-inflammatory medicine like Toradol (as long as your kidney function is normal)
- opioids like oxycodone. This is only given as needed. You'll need to ask for it when in pain.

A Cryo Cuff will be used to help with swelling and pain near your incision.

Our pain management team is here to help you if you need it.

Other medicines you'll need after surgery

In addition to pain medicine, you may get medicines to stop nausea, if you need them. Sometimes patients also get blood thinners to help keep blood clots from forming.

Anesthesia and pain medicine can make you feel constipated so we'll also give you medicine to help you go to the bathroom.

During your hospital stay you'll also have a list of "as needed medicines" that will always be available to you. These medicines are for symptoms such as nausea, indigestion, pain, and itching. If you have any symptoms that are not being controlled, please talk with your nurse.

After surgery, you'll likely have a drain coming from your incision

The drain removes the extra fluid from the layers of tissue under your skin. This helps to reduce the swelling and also allows the doctors and the nurses to monitor the amount of blood you have lost.

- If you stay in the hospital overnight, your drain will most likely be taken out on the morning after surgery.
- There is a chance that we'll leave your drain in place when you go home.
- If you do go home with your drain, simply follow your surgeon's instructions about when you should take it out. The drain is made so it will come out when you pull off the dressing that covers your incision.

After the Recovery Room, we'll take you to a regular hospital room

We'll take you to a regular hospital room when we decide you are ready. At this point, you will still have your IV in so we can keep giving you medicines.

At first, we'll give you water and ice chips instead of regular food or drink

After surgery, you're likely to get sick if you eat regular food right away. Your body has to gradually work up to digesting a regular diet again. At first, we'll give you ice chips and sips of water. Next, we'll give you a clear, liquid diet.

The morning after surgery—whether you're at the hospital or at home—you'll continue taking small steps to going back to the foods you normally eat. At first, you'll start with soft foods before you slowly go back to more regular food.

We'll help you get out of bed

If your surgeon decides you're ready to go home the evening of your surgery, we'll help you when you get out of bed for the first time. And if you do stay overnight, we'll encourage you to get out of bed if you can. Starting on the morning after your surgery, whether you are in the hospital or at home, you may get up and down as much as you want and can tolerate.

It's common to have trouble sleeping the night after surgery

Whether at the hospital or at home, it can be difficult to sleep on the evening and night of your surgery. The surgery can disturb your regular sleep cycles. Some people also find it hard to rest in the hospital in general.

Visitors

You're allowed to have visitors while you are in the hospital. You may even have 1 person age 18 or older stay with you at night. Each room has a pull-out bed.

On the evening of your surgery, a provider will come by to see how you're doing

Someone from the surgery team will usually make their evening rounds sometime between 5:00 p.m. and 9:00 p.m. The exact time depends on when they finished their last surgery.

Your surgeon will decide if you're ready to go home or if you need to stay overnight

Most patients who have lumbar spine surgery are able to leave the hospital that same evening or the next day. Once your medical condition is stable and your pain is under control with pills, it is actually better for you to be at home than the hospital. You're likely to rest better at home in familiar surroundings. It's also good for you to be up and moving instead of lying in bed, since too much bed rest raises the risk of blood clots.

Getting you ready to leave

Your surgeon may have an occupational or physical therapist come to see you

The therapist will talk with you to help your surgeon decide if you're going to need any extra help when you leave the hospital and go back home.

X-rays

Before you leave the hospital, we may take you to get X-ray images of your lumbar spine.

Make sure you have a ride home

You must have someone pick you up at the time you are released from the hospital. You will not be allowed to drive yourself home leave the hospital alone.

Am I allowed to take a taxi or a bus home?

No. You must have someone pick you up.

After the Hospital: Your Recovery

Caring for your incision

Bandages

Most patients leave with glue, steri-strips (small tape strips), nylon stitches, or staples on their incision(s).

If you have stitches or staples, we'll make an appointment to remove them in 2 to 3 weeks.

- Check your incision daily for any problems.
- Do not put any ointments or solutions over your incision or steri-strips at any time.
- Let the steri-strips fall off on their own. (The only exception is if they are still there 2 weeks after your surgery, then you may have someone may remove them at that time.)

Showering, bathing, and swimming after surgery

- Do not get your incision wet for the first 4 days after your surgery. Cover your incision when you shower.
 - We'll give you 4 aquaguards when you leave the hospital; you'll use these to cover your incision when you shower.
 - Put one on before you get in the shower. Then take it off and throw it away after you get out of the shower.
- On the 5th day after your surgery, clean your incision using soap and water when you are in the shower. Then gently pat your incision dry with a towel.
- No tub baths for 4 weeks after surgery.

- No swimming in pools, hot tubs, lakes, rivers, or the ocean for 4 weeks after surgery.
- Only swim or bathe when your doctor has cleared you.

Fighting infection

- Always wash your hands before and after you touch your incision.
- Call us at (615) 875-5100 if your incision:
 - gets redder
 - swells
 - feels warm or begins to hurt
 - begins to drain or smell bad
 - separates at the edges.
- Call us at (615) 875-5100 if you have a temperature higher than 101.5°F (38.6°C).

Pain

It's normal to have pain after surgery. It will gradually get better. It is simply part of the healing process. With time, you should have less pain than you had before surgery. In fact, even though it will take a while for your back pain to go away, you may even have immediate relief of any leg pain you were experiencing as soon as you wake from your surgery.

Understand your prescription pain medicine

- Take your pain medicine exactly the way your doctor tells you.
- Pain medicine can make you constipated. Drink plenty of water and eat more fiber (found in foods like fruits, vegetables, and whole grains) to help you stay regular.
- If you see a pain management doctor, you will need to have an appointment 7 to 10 days after discharge to get back on your home medicine schedule.
- We can't refill your narcotic pain medicine without an office visit.
- We'll provide some narcotic pain medicine when you go home, to allow time for this appointment.
- We cannot give refills at night or on weekends.
- Things to remember:
 - You cannot call in to the pharmacy for a refill prescription. You must call our office.
 - You can either pick your prescription in person or ask us to mail it to you at your home address.
 - We cannot mail narcotics to your home.

Expect to take less pain medicine over time

Prescription pain medicine is addictive; it's important that you do not become dependent on it. We'll expect you to use less of it over time.

- When you first leave the hospital, we'll give you a prescription for pain medicine with specific instructions.

- We recommended that you lower your use of pain medicine slowly. If you're taking 2 tablets every 4 hours as needed, then take 1 tablet every 4 hours, then 1 tablet every 5 hours, and so on until you're able to stop taking them all together. You may be given specific instructions on how to do this when you're discharged.
- 6 weeks after surgery, you should no longer be taking any prescription pain medicine.

Important: Six weeks after your surgery, we'll stop refilling prescriptions for pain medicine. If you think you still need prescription pain medicine after 6 weeks, we'll refer you to your regular doctor. There are no exceptions.

Do not take too much acetaminophen

Severe liver damage may occur if you take more than 4,000 mg of acetaminophen (Tylenol) in a 24-hour period. If you take acetaminophen (Tylenol), take it alone. Do not take it with any prescription pain medicine.

- There are more than 600 over-the-counter and prescription medicines have acetaminophen in them. Some patients go over the recommended dose either by accidentally taking multiple acetaminophen-containing products without realizing it, or by not following dosing instructions.
- Medicines such as Percocet, Vicodin and Norco have acetaminophen in them—from 325 mg to 500 mg per tablet. It's very important that you know the dosage and that you do not combine it with other products containing acetaminophen.

For 3 months after surgery, do not take any NSAIDs

Do not use any NSAIDs (Non-steroidal anti-inflammatory medicines) such as Ibuprofen, Motrin, Advil, Aleve, Celebrex, etc. for at least 3 months after surgery. These medicines will actually slow the fusion healing process.

Once you no longer need your prescription pain medicine, we recommend you take acetaminophen (Tylenol) when you have pain.

During the first 3 months after surgery and when you no longer need your prescription pain medicine, we recommend you take acetaminophen (Tylenol) when you have pain.

Walking

Walking is excellent exercise. Walk as much as you can over the next 6 weeks while you're recovering.

How much to walk:

- walk 5 minutes every hour that you're awake. Do this for 1 week.
- after 1 week, walk 8 to 10 minutes every hour that you're awake.

Walking will:

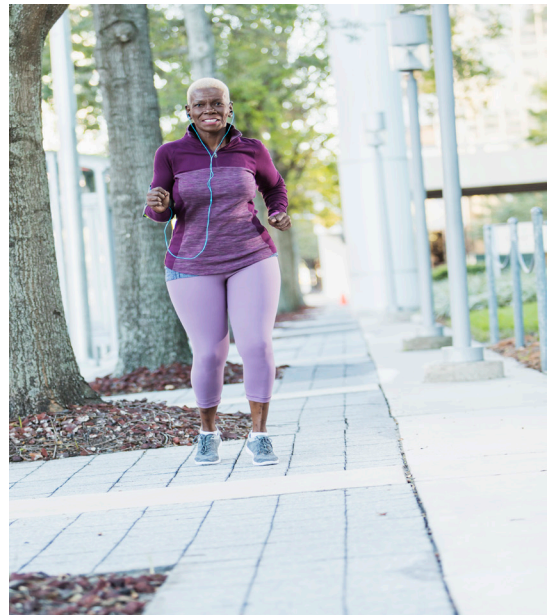
- help your bones fuse by increasing the flow of blood to the area that was fused
- benefit your lungs, heart, circulation, and digestion
- help keep blood clots from forming
- increase your muscle strength and endurance.

Remember, no BLT (bending, lifting, or twisting):

- no bending at the waist
- no lifting more than 15 pounds
- no twisting at the waist.

Protect your back as you heal

- If you'll be sitting in a straight-back chair for a long period of time, use a rolled-up towel roll or lumbar support device to support your lower back while you're sitting.
- Do not pick up anything weighing more than 15 pounds for at least 8 weeks after surgery.
- Avoid stooping, bending, or twisting at the hips for 8 weeks after surgery.
- No athletic or intense physical activities until you've talked about your limitations with your surgeon at your 6-week check up.



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Walking is great exercise and helps your body heal faster and get stronger.
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Riding in a car and driving

Do not drive at any time when you are taking prescription pain medicine.

Riding as a passenger

You may ride in a car as a passenger whenever you feel you can tolerate this. Just make sure you get out the car every hour to walk and change positions.

Sexual activity

It's safe for you to have sex as soon as you feel it is comfortable. As you recover, the safest position is for you to lie flat on your back.

Preventing setbacks

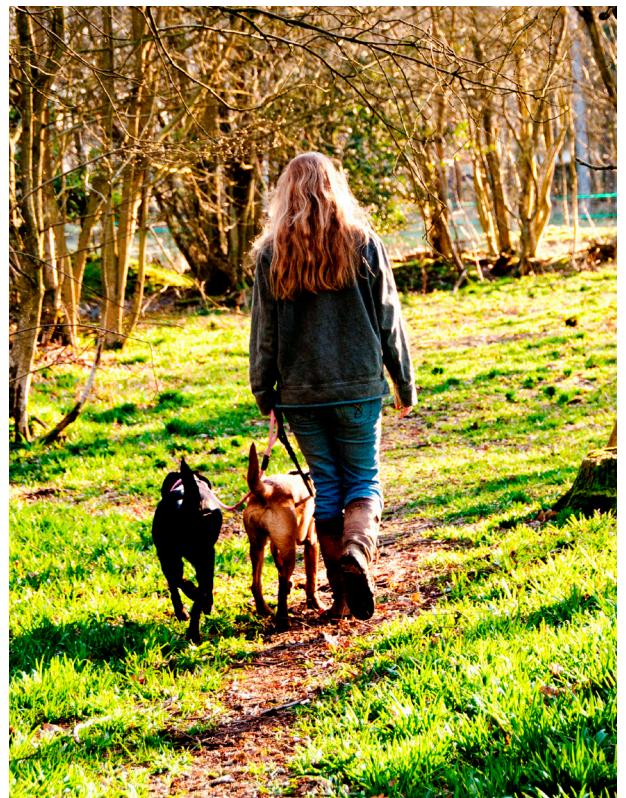
If you have increased pain for more than 2 hours after an activity, it usually means you've done too much too soon. Don't just reach for the pain pills. Take pain as a warning sign to slow down and pay attention to your posture and movements.

Staying safe if you have pets

If you have pets, you'll probably need help taking care of them after surgery. You will not be able to lift heavy bags of pet food or bend down to the floor to fill their dishes. You will not be able to walk your dog using a leash if it's a large dog that pulls. Also, it's very easy to trip over pets, and you'll need to be careful since pets may jump. Please make arrangements for assistance with pet care after your surgery.

Keep your 2-week follow-up appointment

It's important to keep your follow-up appointment. Most patients have a follow-up appointment at 2 weeks and again at 6 weeks. If no appointment has been scheduled for you within a few days after your surgery, please call us at (615) 875-5100 to set up an appointment.



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Be careful using a leash.
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