

**HOME GOING INSTRUCTIONS FOR PATIENTS FOLLOWING MINIMALLY INVASIVE
LUMBAR SPINAL
FUSION WITH INSTRUMENTATION**

1. Call the **NORTHEAST OHIO SPINE CENTER** for follow-up appointment in 10 to 14 days (**330-966 - 9328**).
 - A. No lifting greater than 20 pounds.
 - B. No driving.
 - C. No bending, twisting, crawling or squatting.
 - D. Must get up and walk around every 20 minutes while awake.
 - E. May resume sexual activity in 10 days.
 - F. Wear brace at all times except in bed.
 - G. Dressing changes/showering.
 - a. Incisions closed with tape closure: Apply clean dry dressing and change Daily as needed. May shower but must keep incision dry at all times with Saran wrap and tape.
 - b. Incisions closed with stitches or staples: Clean incision with equal parts hydrogen peroxide and tap water and dry. Apply Neosporin or Aquaphor ointment and dry dressing and change daily.
 - c. If no drainage after five days may leave dressing off but continue to apply ointment.
 - d. Cover incision with dressing when traveling.
 - e. May shower but must keep incision dry at all times with Saran wrap and tape.
 - f. No Whirlpool, swimming pool, or tub baths for five weeks postop.
3. Call office immediately if you have increased temperature (greater than 1010 F), chills, severe pain not improved with medication, any increased drainage from the incision, any swelling from the incision or increased pain or any signs of infection.
4. If unable to reach the office and you have serious questions and concerns, please call the emergency room of the hospital nearest you.
5. Do not take any anti-inflammatory medications (no ibuprofen, aspirin or nonsteroidal anti-inflammatory drugs). These medications can prevent bone fusion.
6. Abstain from smoking (nicotine prevents bone fusion).
7. Diet -no restrictions.
8. Medications:
9. Special instructions: