

AFTER YOUR LUMBAR SPINE SURGERY: NEXT STEPS



**Pain
Medicine**



Activity



Diet



**Discharge
Plan**

Afternoon of Surgery

You will be given IV pain medicine or pain medicine by mouth.

Complete your coughing and deep breathing exercises the way your nurses showed you.
Get out of bed and sit in a chair for 1 meal.
Walk the hall with your nurse or OT.

Drink water and clear liquids, if you are not feeling nauseous or bloated.

Communicate with your homesupport and set up your ride home.

Day after Surgery

Take pain medicine by mouth at least 30 minutes before starting any activity.

Complete your physical therapy (PT) and occupational therapy (OT) evaluations.
Sit in a chair for all meals and walk the halls.

Eat healthy foods that are high in fiber and drink plenty of water and clear liquids.

Start planning your needs to go home. Your care team will review your discharge instructions, such as:

- Wound care
- Pain medicine
- Bracing

Two Days after Surgery

Take pain medicine, as prescribed.

Sit in a chair for all meals and walk the halls.
Continue to work with PT and OT. Walk the hall at least 4 times today.

Eat foods high in fiber and drink plenty of water and clear liquids.

Talk to your care team about when you can expect to leave. Finalize your plan to go home.

At Home

Take pain medicine, as directed.
Call our office when you are down to a 2-3 day supply of medicine. We need a 48-hour notice for all refills.

Slowly increase your physical activity.
If recommended, attend your physical therapy (PT) and occupational therapy (OT) appointments.

Eat foods high in fiber or take a fiber supplement. Drink at least 8 glasses of water every day to avoid constipation.
Do not eat highly processed or pre-packaged foods.

Make sure you understand your discharge instructions. Follow these directions at home. Call us if you have any questions:
207-885-0011.

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This information will help you know what to expect right after your surgery. This information will help you get ready to go home in 2 days. Your nurse or physician can help answer your questions and guide you through the schedule that works best for you.

Pain management

- Keep your pain managed. Tell your care team if you are feeling pain.
- Take pain medicine, as prescribed.
- Make sure your pain is managed before your physical therapy (PT) or occupational therapy (OT) appointments.

Activity

- You can expect to be sore after surgery. Activity and movement will help with your recovery.
 - Walk around, with help from your care team.
 - Get out of bed and sit in a chair to eat meals, with help from your care team.
- Do the coughing and deep breathing exercises that the nurses show you.

Diet

- After your surgery is complete, you may feel nauseous and not hungry. This is normal. You can eat as soon as you feel ready.
- When you feel ready to eat, choose healthy foods that are high in fiber. Do not eat highly-processed or pre-packaged foods.
- Drink plenty of water and clear fluids.
- At home, continue to choose healthy foods that are high in fiber.
- Prevent constipation with fiber supplements, eating foods high in fiber, and drinking at least 8 glasses of water every day. You can also try natural laxatives, like prune juice.

Discharge Plan

- Ask your care team if you have any questions about your discharge instructions. There are many new things to learn after surgery.
- Pay special attention to the instructions about:
 - Wound care and taking care of the surgical incision.
 - Pain management and medicine.
 - Bracing information, if this applies to you.