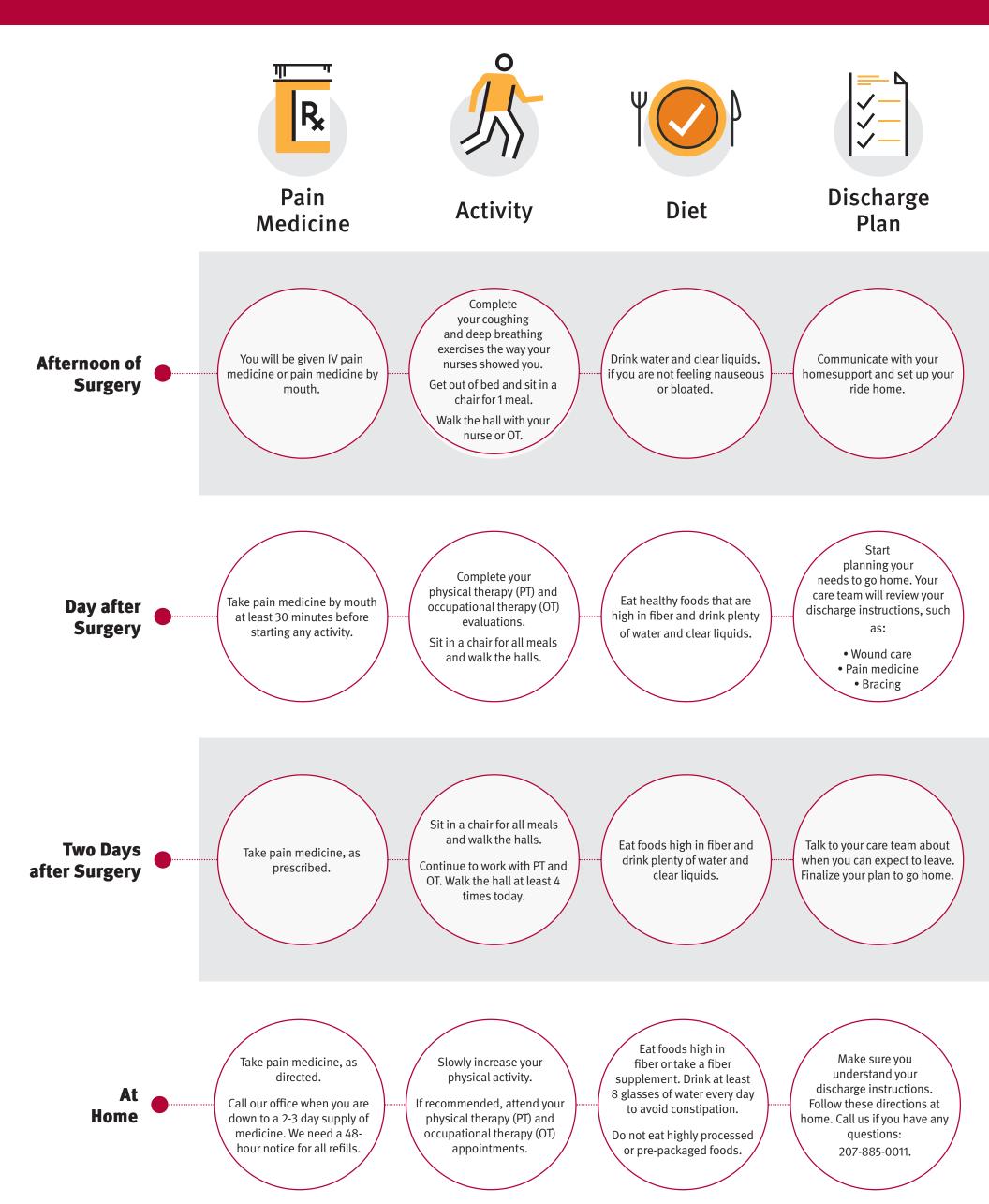
AFTER YOUR LUMBAR SPINE SURGERY: NEXT STEPS





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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.

Activity

- ☐ You can expect to be sore after surgery. Activity and movement will help with your recovery.

 - 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 prepackaged 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.

