



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Information After Back Surgery

DIET

You may resume a normal diet, but try to include plenty of fluids, bran and/or roughage in your diet especially for the first week.

ACTIVITY

1. You may walk as tolerated.
2. For three weeks following back surgery you should not bend, lift or sit for prolonged periods.
3. You may ride short distances in the car as soon as you can tolerate it.
4. You may drive one to two weeks after surgery (short distances) as tolerated.
5. **KEEP YOUR BACK STRAIGHT.**

PAIN

1. You will be given a prescription for pain medication, which may make you drowsy. You should not drive or operate machinery while taking this medication.
2. Pain should gradually subside (may become more muscular in nature, like an ache).

WOUND CARE

1. If you have steri-strips on your incision (they are like thin, clear Band Aids), then you may shower from the front five to six days after surgery. Do not soak in a tub. Do not remove the steri-strips. They will come off on their own at the proper time.
2. If you have skin clips on your incision, please do not get them wet.

PRECAUTIONS

Please call your surgeon if you have a fever of 101.5° F or above or drainage from the incision. It is not unusual to have slight bleeding from your wound. If bleeding is excessive, then call us immediately.

RETURN VISIT

You will need to visit your surgeon in three to ten days (usually one week) after your surgery. Do not hesitate to call if any problems or questions should arise before your appointment.