

GUIDELINES AND RESTRICTIONS FOLLOWING LUMBAR SPINE SURGERY:

- No excessive bending, lifting or twisting
- Walking twice a day for 15-20 minutes and time and frequency may increase if pain allows.
- No driving until 4-6 weeks after surgery or as pain allows
- No lifting >5-10 pounds
- Physical therapy may be ordered approximately 4-6 weeks after surgery
- Keep incision covered and dry for 7 days, using occlusive dressing.
- No pools, hot tubs, bathes or submerging the incision for a minimum of 3 weeks.
- Please wear your brace, if recommended by doctor, when you are doing activities. This will keep you mindful of your posture and keep you secure from over exerting certain positions. You may remove your brace at bedtime.

Please note these are guidelines. Everyone heals and recuperates at different rates. Your activities will be dictated by pain tolerance and rate of your fusion.

If you have any questions or concerns, please contact Aurora at 310) 881-3730 or 310) 881-3925

Take care and remember to take it real slow, take your time and be patient with your healing process.