



WRH PHYSICIANS, INC.

**Western Reserve Hospital Physicians
Neurosurgery**

Paul Hartzfeld, MD
701 White Pond Drive
Suite 300
Akron, OH 44320

P: (330) 926-3322
F: (330) 926-3342

Office Hours:
8 a.m. - 4:30 p.m.

wrhpi.org

Lumbar Instructions After Surgery

Includes Laminectomy, Discectomy, Decompression and Fusion

- If you have any questions or problems, please contact our office at (330) 926-3322
- We are available 24 hours/day if you feel it is an emergency. Otherwise please call during regular business hours (8 a.m. - 4:30 p.m.)
- Absolutely no prescriptions outside of regular business hours

Activity

No lifting more than 10 pounds. Avoid pushing or pulling heavy objects. No bending or twisting at the waist. Walking is the best exercise after surgery. Walk several times daily if you are steady (wearing your lumbar brace), and increase your distance. Do not walk if you think you might fall. Use walker or cane until you are confident that you will not fall.

Brace

Take lumbar brace to the hospital the day of surgery. Always wear on top of clothing. Do not wear while lying down. Brace must be worn when walking. For Lumbar Fusions - brace must be worn for 3 months. All other lumbar surgeries must wear brace a minimum of 6 weeks.

Driving

No driving. At your follow up appointment this will be addressed on an individual basis.

Bathing and Incision Care

Shower daily, letting soapy water run across incision. Avoid scrubbing incision site. Avoid baths, hot tubs, and swimming until after your post op appointment. Keep incision open to air. Do not apply any ointments, powders, lotions or creams to incision.

When to Call the Office

Fever, chills, profuse sweating, drainage from incision, loss of bowel or bladder control, new or worsening pain, new numbness, new weakness, or inability to walk.

Pain Medication and Constipation

You will be given a prescription for pain medication at discharge from the hospital. If you need a refill you may call our office at (330) 926-3322. Narcotic pain medications causes constipation. Take a stool softener (Colace) daily. Any over-the-counter laxative may also be used if needed (Miralax, Ex-Lax, Milk of Magnesia).

- **Lumbar Fusion - NO Anti-inflammatory medications— Motrin, Aleve, Advil, ibuprofen, Mobic, Celebrex, etc. If you have a question about a medication please contact us**

NO Smoking or Nicotine products

Smoking and any nicotine decreases healing time and can increase your pain. Please note: Most electronic cigarettes contain nicotine. Do not use nicotine gum or patches. If you need assistance with quitting, contact your Primary Care Provider.

Follow up Appointment

See the date and time on your Pre-Surgery Information sheet (10-14 days after your surgery). Please keep this appointment. You will need an incision check and sutures or staples removed.