



NEUROLOGICAL SURGERY & SPINE SURGERY, S.C.
1 WESTBROOK CORPORATE CENTER, SUITE 800
WESTCHESTER, ILLINOIS 60154-5742
PHONE (708) 343-3566 FAX (708) 343-3585

www.illinoisneurospine.com

ANDREW S. ZELBY, M.D., F.A.C.S.
*Assistant Professor of Neurosurgery
Rush University Medical Center
Board Certified Neurosurgeon*

**FRANCISCO J. ESPINOSA, M.D., Ph.D.,
F.R.C.S.(C), F.A.C.S.**
Board Certified Neurosurgeon

SEAN A. SALEHI, M.D., F.A.A.N.S.
*Former Assistant Professor of Neurosurgery
Northwestern University
Board Certified Neurosurgeon*

KIMBERLY J. MERCURIO, M.D.
*Physical Medicine and Rehabilitation
Board Certified Physiatrist*

Discharge Instructions **Lumbar Fusion**

Activity:

1. You may walk and use stairs as tolerated. You do not need to stay at home.
2. Avoid strenuous activities, such as bending, lifting and twisting. Lift no more than 5-10 pounds for the first 2 weeks.
3. Avoid driving until seen in the office for further instruction.
4. You may shower beginning the second day after surgery. Try not to let the shower hit the area of surgery directly, but let the water run down from above the surgical site.
5. You may have sex if you are the passive partner for 2 weeks.
6. Try to sit in a recliner chair for the first 2 weeks after surgery. Sit in a straight back chair only for meals during the first 2 weeks.
7. You may resume your usual diet.

Medications:

1. Take the pain medication you have been prescribed as needed.
2. Avoid taking Aspirin-related medications (NSAIDs) such as Motrion, Ibuprofen, Aleve. Check with the pharmacist if you are not sure whether any of your medications contain NSAIDs.
3. If you were given a muscle relaxant, such as Robaxin or methocarbamol, take this 3 times a day.
4. If you are constipated, use milk of magnesia as directed on the bottle.

Follow-up care:

1. Call the doctor's office for an appointment (708.343.3566). You will need to be seen 2 weeks after surgery unless instructed otherwise.
2. Call the doctor if you get any of the following:
 - Severe pain
 - Fever
 - Bleeding from the surgical site
 - Swelling, redness or any drainage from the surgical site.
2. You may call for any other questions or concerns as needed. However, if you only need your medication refilled, call during our normal office hours to get them refilled (7:00a.m.- 4:00p.m.), Monday – Friday.

