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ANTERIOR LUMBAR INTERBODY FUSION (ALIF) SURGERY

Post-operative care instructions

Keep wound dry. If the wound gets wet, please dab dry and do not scrub the wound.

Please make an appointment to see your GP between 7-10 days after the day of surgery. The sutures are self-dissolving unless otherwise specified. If there is any redness, discharge or signs of superficial infection, antibiotics should be commenced and the specialist rooms should be notified.

Keep waterproof dressings intact until you are seen by your GP. If the dressings get soiled then please replace them.

Keep wound covered at all times for 10 days after surgery. Remove waterproof dressings on day 10 but cover for a further 4 days while showering (remove cover after each shower and dab wound dry then continue to have wound exposed).

You will have a Telehealth review by your specialist around 1 week after discharge and a face-to-face review in the specialist rooms around 3-4 weeks after discharge.

Absorbable sutures are used so there is no need to remove any stitches

Do not drive for 3 weeks.

Do not bend or twist your back suddenly. Do not reach, pull or push objects. Do not sit or stand for too long.

Do not lift heavy objects more than 2 kg in total.

Do not begin physiotherapy until you have been reviewed by the specialist. Simple walking in and around your home for up to 30 minutes will be adequate.

You will experience some discomfort in your abdomen, back and some tingling in your legs/feet. This is normal.

OTHER INSTRUCTIONS

If you haven't been given a follow-up appointment upon discharge from hospital, then please contact our rooms on 9592 2819 to make a follow-up appointment.