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LUMBAR SPINE 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. 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 the 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 (you can leave them off during other times).

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.

If staples or sutures are used, please attend your local doctor to have them removed between day 10-14 following SURGERY.

If self-dissolving sutures are used, please attend your local doctor for the wound review around 7 days following DISCHARGE as per above.

Do not drive for 3 weeks. Do not bend or twist your back suddenly. You may bend and twist slowly and with care.

Do not sit or stand for too long. Alternating position semi-regularly is ideal.

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

Do not begin physiotherapy until you have been reviewed by the specialist. You may still perform activities of daily living around home. Do not go shopping.

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

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.