



DR. WARREN'S DISCHARGE INSTRUCTIONS FOLLOWING YOUR
Aspen Minimally Invasive Lumbar Fusion

General Information about your surgery:

- You underwent an Aspen minimally invasive lumbar fusion procedure. This technology allows for the quickest and most stable spinal fixation in the world, and is attached to your spine in a way that does not destroy any of your normal anatomy. Dr. Warren chooses Aspen technology in order to assure that your back and leg pain are treated successfully while preserving as much of your normal spine as possible.

Activity

- Do not pick up anything that weighs more than a gallon of milk until Dr. Warren clears you to do so.
- Gradually increase your exercise time. Take short walks daily and gradually increase the distance.
- Avoid bending at the waist or twisting until your wound is healed.
- Do not use weights or exercise equipment until Dr. Warren gives you the okay.
- Do not pull, tug or reach for objects.
- Do not drive a car until Dr. Warren tells you that you can.
- You may resume sexual activity when you are comfortable with it.
- You will be seen by Dr. Warren 1 week following discharge. The decision regarding your return to work will be made at that time.

Hygiene

- You have staples on your wound.
- You may shower, but do not soak the wounds in a tub or aggressively scrub it until Dr. Warren says it is OK.
- You may require help getting dressed or getting into and out of your brace.
- Decreased activity after surgery, along with pain medications, may result in constipation. Fruits, bran cereal, or laxatives will assist you to move your bowels regularly.

Notify Dr. Warren of any of the following:

1. Oral temperature over 101 degrees.
2. Redness or swelling around your incision with or without any tenderness.
3. It is normal for there to be a little bloody drainage from the wound for the first few days; however, notify Dr. Warren immediately if there is any pus or foul drainage.
4. If the skin edges of your incision start coming apart.
5. New numbness or tingling in your legs or feet on either side.
6. Increased pain in your back, hips, legs or feet, or new weakness of either leg.

If you have questions or concerns, call Dr. Warren's office at (334) 821-0466

W. Lee Warren, MD

info@auburnneurosurgery.com
www.auburnneurosurgery.com

Office: 334.821.0466
Fax: 334.821.4682
Toll Free: 877.60BRAIN

2320 Moore's Mill Road, Suite 250
Auburn, AL 36830