



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

General Information about your surgery:

- You may have several incisions; the shortest ones are where the screws pierced your skin, and the longer ones are where Dr. Warren performed your decompression. There may also be a small incision further up your spine; this is the incision Dr. Warren used to place the computer guidance device onto your spine that assisted him in your operation. Dr. Warren's fusion procedure preserves most of your normal spinal anatomy; this results in your spine being stronger than after "open" spine surgery, and means that you will recover more quickly and more fully. Also, you do not need to wear a brace.

Activity

- Even if you are not in a lot of pain, please remember that you just had surgery- be careful!
- Do not pick up anything that weighs more than a gallon of milk.
- Gradually increase your exercise time. Take short walks daily and gradually increase the distance.
- 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 2 weeks following discharge. The decision regarding your return to work will be made at that time.

Hygiene

- If you do not have stitches or staples on your skin, then your wounds were closed with skin glue, called DermaBond. Do not try to peel this off.
- Do not put any type of ointment on your wounds.
- You may shower, but do not soak the wounds in a tub or aggressively scrub it until Dr. Warren says it is OK.
- 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. Any drainage from your incision.
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

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