



## Discharge Instructions for TLIF Surgery

### Report to physician

1. Redness or swelling of incision
2. Chills or fever GREATER THAN 101.5 (a temperature elevation in is normal within 24-72 hours after surgery).
3. Drainage or bleeding from incision lasting greater than 5 days.
4. Excessive pain or tenderness at incision site

### Wound Care

1. **YOU MAY SHOWER**, but no tub bathing for one month after surgery.
2. You may remove the clear dressing (opside) one week after surgery.
3. If dressing is saturated, remove and reapply gauze dressing.
4. If after dressing is removed there is some drainage, cleanse incision three times daily with hydrogen peroxide and cover with a light gauze dressing.
5. It is normal to experience numbness and some incisional pain.

### Activity

1. Driving: No driving of a motor vehicle until released for driving by Doctor (usually after first post-op visit).
2. Brace: Should be worn except when lying down.
3. Travel: Even as a passenger you should make frequent stops and stretch and move around to avoid muscle fatigue. This is recommended every 30-45 minutes.
4. Your activity should consist of short, frequent walks; avoid excessive stair climbing (no more than 2-3 times daily). Walk at least 10 times per day.
5. No lifting over 20 pounds for at least 8 weeks, unless otherwise directed.
6. Stop any activity that causes increased back or leg pain.

### Post-operative Visit

Please contact office when discharged from hospital to make an appointment for 3-4 weeks after surgery, if there is no appointment already made or on this sheet.

Post-op Appointment Date and Time: \_\_\_\_\_

Patient: \_\_\_\_\_