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*Patient Office (401) 632-4150
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Discharge Instructions for Lumbar Spine Procedures

You have recently undergone a surgical procedure to your spine,
and we are optimistic that you will have a speedy recovery.

During the initial one or two weeks following your surgery and at times a bit longer, expect to experience some pain and especially a feeling of general fatigue. Occasional use of medications for pain control will be necessary. If you find you are experiencing an unusual amount of pain/fever or if any other questions arise, please do not hesitate to call my office during the day.

If an emergency develops and you need to reach me on the weekends or after office hours, you may call (401) 632-4150 and leave a message with the answering service, and they will page me or the doctor that is on call. Below are some care instructions you can follow at home to help you feel better.

Activity

Arrange your household to keep the items you need within reach.

Remove electrical cords, throw rugs, and anything else that may cause you to fall.

Do not lift anything heavier than ten pounds for the first two weeks after surgery.

Going up and down stairs is good for you, so do this as much as possible.

Do not sit for more than 30-45 minutes at a time. Take frequent short walks. These are key to your recovery. Do not drive until your doctor tells you that it is okay.

Never drive while taking narcotic medication.

Incision Care

Do not soak your wound in water (no hot tubs, bathtubs, swimming pools, etc.) until your doctor tells you that it is okay. Wait until **five** days after surgery to shower. Remove clear plastic overlay, but keep the Steri-Strips in place (if there are Steri-Strips); you may then shower as needed. Gently pat the incision dry. Do not rub it or apply any cream or lotion.

Homecare/Medication

Take your medication exactly as directed.

Follow-Up

Keep your scheduled postoperative appointment that was scheduled for you.

Your postoperative appointment has been scheduled for the following day and time:

When To Seek Medical Treatment

Call 911 right away if you have any of the following:

Chest pain

Shortness of breath

Trouble controlling your bowels or bladder

Painful calf that is warm to the touch and tender with pressure

Otherwise, call your doctor immediately if you have any of the following:

Fever above 100.4 degrees or shaking/chills

Increased drainage, redness, tenderness, or swelling at the incision site

Opening of the incision

Increased pain, numbness, or tingling in either leg

Loss of movement in one or both legs

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