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Discharge Instructions for Dr. Rosenthal's Patients

Lumbar (lower back) Fusion

1. Keep brace on at all times.
2. Stay at home, but get up and move about. You can go outside, but do not ride in a car.
3. As you feel better, go for a walk daily.
4. Do not lift over 5 pounds.
5. When you feel comfortable standing, you may shower (after the staples are out). Get into shower with the brace on. Once in the shower, hand the brace to your assistant. Do not bend or twist in the shower. Use the 'sponge on a stick' to wash those hard to reach places.
6. Follow up (return to office to see Dr. Rosenthal) in 6 weeks following surgery.
7. If you still have staples when you leave the hospital, you need to call for a visiting nurse to come have them removed 10 days after surgery. Have the nurse call me for the orders. Look in the Yellow pages for visiting nurse agencies.
8. Do not use anti-inflammatory medicines (such as Aspirin, Motrin, Aleve, Advil, etc.) for 3 months after surgery.