












Lumbar Fusion Before Surgery Goals

Activity	 <p>Keep as active as possible</p>  <p>Stretch in comfortable ranges</p>  <p>Use soap for pre surgery shower</p>  <p>Night before & morning of surgery</p>
Nutrition	<p>Eat healthy, fiber rich foods</p>  <p>Drink lots of clear fluids</p>  <p>Nothing to eat or drink after midnight the day BEFORE surgery*</p>  <p>*See nutrition instructions on the back of this page</p>
Pain Management	<p>Take regular medication as directed</p>  <p>Use active pain management tools to help with pain</p>   <p>Night before surgery</p>  <p>take pain medications as directed the day/night before</p>
Bowel & Bladder	<p>Increase clear fluids to maintain hydration. Increase fiber rich foods and natural laxatives (prune juice, apple juice) to prevent constipation</p>
Education	<p>Review all your patient materials. Call the office at 885-0011 with any questions!</p>

Before Surgery

Activity

- If you have exercises for your back, continue to do in comfortable ranges and amounts. Do not overdo, yet keep active!
- Time your pain meds 30 minutes prior to any major exercise or activity.
- Being well rested and as fit as possible will help your recovery.
- Change positions frequently. Do not wait until it hurts to move.
- Bring your brace (if you have one) to the hospital only if your surgeon said you will need it after surgery.
- Soap scrub & shower the night before and morning of surgery (see handout).

Nutrition

- **You may have clear liquids (up to four hours prior to your surgery). This includes water, apple juice, black coffee or tea.**
- Listen to your body- increase the amount of fluid you are drinking and focus on healthy, fiber rich foods
- Limit the amount of caffeinated beverages
- Congratulations on quitting smoking for this surgery! Smoking is directly linked to spinal disc breakdown and can reduce healing ability because of decreased blood flow. If you are still struggling with this please refer to the 'Smoking Cessation and your Spine' in your packet for help.

Pain Management

- In addition to your pain medications, consider other pain control tools like meditation or other relaxation techniques.
- Review resources online or at MMC Learning Resource Centers for more information. Call 207-662-0011 and ask for the Learning Resource Center closest to you. The book, Prepare for Surgery, Heal Faster by Peggy Huddleston is one resource available
- Taking your pain medications the day/night before will help with recovery after surgery.

Bowel/Bladder

- Make sure to review the "Managing Constipation" information sheet to clarify how to avoid constipation and/or relieve if needed.
- If you are having significant problems with bowel or bladder issues call the nursing line at 207-396-6888
- We recommend prior to surgery purchasing a non-stimulant laxative like Miralax - in case constipation is an issue for your after surgery.

Education

- Review the patient education materials in your packet
- Pay special attention to discharge instructions and the return to activity and work handouts.