





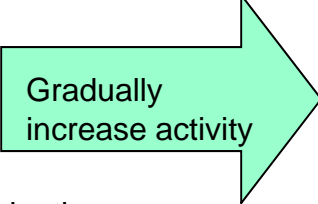
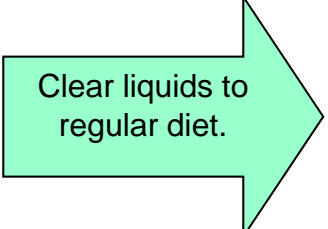



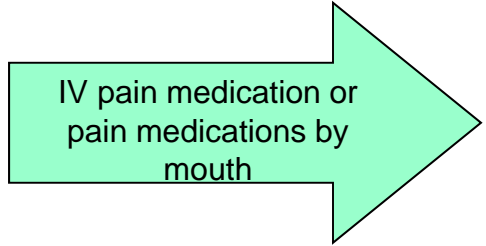

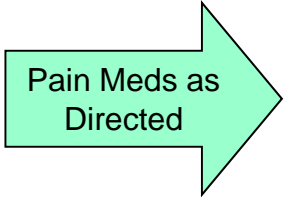
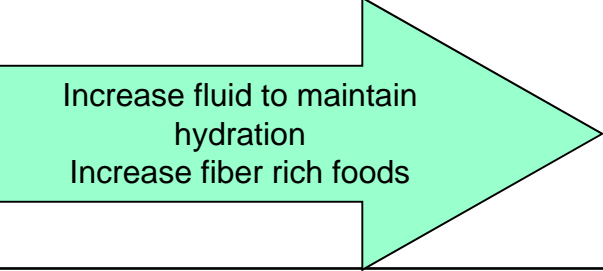
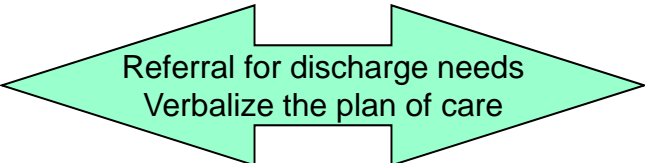



# Lumbar Fusion Discharge Goals

Day of Surgery

Post Op Day 1

Post Op Day 2

<b>Activity</b>	 Soap morning of day of surgery  Out of bed to chair for meal  <b>Next day</b>  Cough and deep breathe  <b>Up to chair for meals and walk</b>  PT/OT evaluations  <b>Gradually increase activity</b>
<b>Nutrition</b>	 <b>Clear liquids to regular diet.</b>  <b>Increase fluids and fiber rich foods.</b>  <b>Healthy diet, low in processed food</b>
<b>Pain Meds</b>	 Actively manage pain to improve mobility.  <b>IV pain medication or pain medications by mouth</b>  Take your oral pain meds <b>30 min</b> before activity  <b>Pain Meds as Directed</b> Use your pain meds at home! For refills call office at least 48 hours in advance
<b>Bowel/Bladder</b>	Foley (bladder) catheter (assess need for and remove early- decreases infection)  <b>Increase fluid to maintain hydration Increase fiber rich foods</b> Review information on maintaining good bowel habits at home. Avoid constipation if possible
<b>Education</b>	<ul style="list-style-type: none"> <li>• Wound care teaching</li> <li>• Bracing information</li> <li>• Use of pain medication</li> <li>• Discharge instructions</li> </ul>  <b>Referral for discharge needs Verbalize the plan of care</b> On the day of your discharge our goal is to have you ready at 10 am. 

## Day of and After Surgery

### Activity

- Soap scrub & shower the morning of surgery (see handout).
- Expect to be sore after surgery, but know that early mobilization is good for your recovery!
- Remember to cough and deep breathe- make sure to ask your nurse how to use your incentive spirometer.
- Getting out of bed for meals and walking will enhance your healing. Make this a priority

### Nutrition

- The day of your surgery when your surgery is complete, you can eat if you feel ready. You may not have much of an appetite or be nauseated. This is normal.
- Listen to your body- increase the amount of fluid you are drinking and focus on healthy, fiber rich foods
- When you go home, focus on a diet full of fresh, healthy foods. Limit processed food.

### Pain Medication

- Make sure that your pain is under control. Work as a team with your medical team to ensure that you are comfortable enough to move around and participate in your recovery.
- It is important to make sure your pain is under control prior to mobilizing or working with PT/OT

### Bowel/Bladder

- Barring complications, the catheter in your bladder should be removed as soon as possible. This will help decrease the risk of a urinary infection.
- Make sure to review the “Managing Constipation” information sheet to clarify how to avoid constipation and/or relieve if needed.

### Education

- There are many new things to learn after surgery! Pay special attention to instructions about:
  - Taking care of your surgical incision
  - Bracing information (if applicable)
  - Pain medication use
  - Discharge plan and instructions

### Other Important Points to Remember

- **You had spine surgery; your recovery will slowly occur over weeks to months, not days.**
- **Be patient with your progress.**