

3 – 4 Months After Spinal Fusion

Patient Instructions

Activity

- You are still encouraged to walk.
- You may walk or swim laps in the pool or participate in light water aerobics.
- You may ride a stationary or regular bike, do low impact step-aerobics or go boating (if the boat is easy to get into and out of and there is no choppy water). You may not ride in a personal watercraft.
- Direct any other activities questions to your surgeon.

Restrictions

- No repetitive bending or twisting of the spine.
- No repetitive lifting of any weight.
- No lifting greater than 10lbs (from a counter to your chest, not from the floor or overhead.
- Avoid aggravating activities

Driving

- You can drive when you are not taking any narcotic medications and are safe to drive. If you can react quickly, look over your shoulder easily, etc.

Ice

- Use ice as needed for discomfort.

Dental Work

- If you need to have dental work done before 6 months, then your dentist will need to treat you with antibiotics before your dental procedure- even for routine cleanings. This will involve a one-time dose of antibiotic ONE HOUR prior to your scheduled procedure.

Return to Work

- You may return to work at moderate duty.
- You may sit, stand or walk as needed.
- If there is no job available which accommodate the above restrictions, timing of your return to work should be discussed with your surgeon or PA.

ANN ARBOR NEUROSCIENCE cares for brain and head problems with its team of neurosurgeons.

ANN ARBOR SPINE CENTER takes a multidisciplinary team approach to back and neck problems to emphasize nonsurgical treatment options before exploring spine surgery.

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On-line educational encyclopedia
with home remedies, symptom charts and
video animations about spine at:
www.AnnArborSpineCenter.com