

6 Weeks After Spinal Fusion Patient Instructions

Activity

- Walking is your primary exercise. You may walk up to one mile a day if you are comfortable.
- You may swim laps or walk in a pool or aqua jog.
- You may ride a stationary bike or walk on a treadmill (no running or jogging)

Restrictions

- Avoid excessive twisting and bending.
- No lifting greater than 5lbs (from the counter to your chest, not from the floor or overhead).

Brace

- If your surgeon has prescribed a brace, directions may vary for use.

Driving

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

Medications

- You may take narcotic medications as needed, but try to wean yourself off.
- Call the office for refills between 8:30am – 4:00pm, allowing 48 hours' notice.

No Tobacco or Anti-Inflammatory Medications

- Using tobacco or anti-inflammatory medication may cause your back not to fuse. (such as Motrin, Ibuprofen, Relafen, Celebrex, Advil, Aleve, Naprosyn, 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. If you have an illness that effects your immune system, such as cancer, diabetes, HIV, or need to take prednisone, then you should take antibiotic before any dental procedure FROM NOW ON.

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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.

SPINE & NEURO-SURGEONS

JASON A. BRODKEY, M.D.
Board-Certified Neurosurgeon
Board-Certified in Pain Medicine
Fellowship-Trained in Spine

MARK H. FALAHEE, M.D.
Board-Certified Orthopedic Surgeon
Fellowship-Trained in Spine

DOUGLAS F. GEIGER, M.D.
Board-Certified Orthopedic Surgeon
Fellowship-Trained in Spine/Scoliosis

ELISA J. KUCIA, M.D.
Board-Eligible Neurosurgeon
Fellowship-Trained in Spine

GEOFFREY M. THOMAS, M.D.
Board-Certified Neurosurgeon

MARK E. OPPENLANDER, M.D.
Board-Eligible Neurosurgeon
Fellowship-Trained in Spine



CLINICAL TEAM:

KURT J. HIESTER, MS, PA-C
LINDSEY E. LORELLO, MS, PA-C
JOHNATHAN OGAR, PA-C

PATTI REEN, BSN, RN
JANICE RUDELL, RN
RENEE IZARD, MSN, CNL, RN

REFERRALS & APPOINTMENTS:

ANN ARBOR • MAIN CLINIC
5315 ELLIOTT DR., SUITE 102
YPSILANTI, MI. 48197
Within the Michigan Orthopedic Center on
the St. Joseph Mercy Hospital Campus

*Additional satellite locations in
Chelsea and Brighton*

PHONE: 734-434-4110
FAX: 734-434-1966

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