

Idiopathic Spine Fusion Discharge Instructions	
Hospital to HOME:	Generally 3-4 days
Diet	<ul style="list-style-type: none"> ▪ High fiber and high protein- encourage small frequent meals with plenty of hydration. ▪ Minimum of 6-8 glasses of water daily.
Activity	<ul style="list-style-type: none"> ▪ Encourage getting moving. ▪ Daily 60 minute walks which can be broken down into 6 ten minute intervals. ▪ Physical therapy exercises three times a day.
Medications	<ul style="list-style-type: none"> ▪ Refer to the calendar provided by the pain service that references weaning off medications. ▪ Continue stool softeners if you are on narcotics to prevent constipation.
Restrictions	<ul style="list-style-type: none"> ▪ NO Physical Education for at least 6 months. ▪ NO spine twisting/torsion ▪ NO IBUPROFEN , aspirin, or naprosyn products for 6 months post operatively ▪ No Driving for 6 weeks then may return if off all narcotics and physically able to slam on breaks ▪ Do Not Carry more than 10 pounds. ▪ NO backpacks.
Shower	Your doctor will tell you when you can shower.
School	<ul style="list-style-type: none"> ▪ Most patients can return to school full time in 2-4 weeks and may return sooner if you wish ▪ Refer to back to school note: do not carry more than 10 pounds on your back, no back packs, 2nd set of books, 5 minutes in between classes, NO PE for 6 months- 1 year.
Incision care	<ul style="list-style-type: none"> ▪ No creams, lotions or ointments to incision site ▪ Keep incision site out of sun by covering for 2 weeks Post-Operative and limit sun exposure during first year. Use sun block of SPF 50.
When to call the DOCTOR?	<ul style="list-style-type: none"> ▪ Fevers greater than 101.5 ▪ Vomiting ▪ Significant weight loss after 2 weeks post-op. ▪ Incision site redness, warmth or drainage ▪ Numbness tingling or weakness in your arms or legs ▪ Persistent constipation ▪ Rash ▪ Increased pain not relieved by pain medication ▪ Patients MUST call prior to any dental procedures or surgical procedures for 2 years after surgery. We will give antibiotics prior to procedure to prevent any risk of infection. ▪ If you have a post-op problem that is treated by your primary care physician or pediatrician.
When to Follow Up?	<input type="checkbox"/> Six weeks, follow-ups after are determined by your doctor.

Surgeon Office Contact Information

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Dr. Luhmann Jennifer Ledbetter, FNP (314) 454-4261

SLCH Contact Information

Orthopedics Appointment Desk (314) 454-2500
8am-4:30pm M-F

After Hours Number- Exchange (866) 582-8055

Same Day Surgery-6th Floor (314) 454-6174

10th Floor Inpatient Unit- SLCH (314) 454-6038

Outpatient Pharmacy- 1st Floor (314) 454-4123 9am-6pm M-F

Social Work- Mary Lucido

Prefers email mary.lucido@bjc.org
(314) 215-7243

Pain Service (314) 454-6246 8am-4:00pm M-F