

Lumbar Post Operative Instructions

Anthony J. Muffoletto, M.D.

- **Follow up in the office 10-14 days after your surgery.** Please schedule this as soon as possible after leaving the hospital.
- You may **change the top dressing twice a day.** However, leave the steri-strips or staples in place until your first office visit.
- **Do not get the wound wet.**
- **Do not bend, stoop, twist, lift, carry, push or pull anything** until you have been cleared by Dr. Muffoletto.
- **Do not sit in a straight back chair;** a recliner is best.
- **Exercise!** Walk as much as possible; try not to just sit around the house.
- **You may not drive** until you have been cleared by Dr. Muffoletto.
- **After surgery you may still experience some back pain and occasional leg pain, this is normal.** However, if it becomes more severe please call the office.
- If you have a **temperature over 100°F or** if your **incision looks swollen, red, or draining pus**, please call the office.
- **Do not take any aspirin or anti-inflammatory medication** (i.e., Advil, Motrin, Aleve) for the first 6 months after your surgery because it decreases the healing process.
- **If you have any further questions, please contact the office.**

Anthony J. Muffoletto, M.D.
1201 Brooks Street Sugarland, Texas 77478
7500 Beechnut Street Suite 175 Houston, Texas 77074
1100 Hercules Houston, Texas 77058
Tel: 281.690.4678 Fax: 281.565.8808