

ALAN E. HEILMAN, M.D.

**Discharge Instructions
LUMBAR FUSION**

7401 South Main
Houston, Texas USA 77030
Office Phone: 713-799-2300

- Medication:** Take medications as prescribed by physician.
- Temperature:** Notify the office of any increase in pain, fever, drainage or redness about the incision.
- Wound Drainage:** Your dressing may be completely removed when your surgical incision is dry. “Steri-strips” will gradually come off the incision on their own.
- Bathing:** You may take home a shower stool, elevated toilet seat or any other assistive devices. You may shower with assistance three days after your surgery. Avoid extremely hot water and limit the amount of time in the shower. Do not get in a bathtub until your surgical wound is completely healed.
- Activity:** Limit the number of visitors for the first two weeks after surgery to allow you time to rest and heal. Activity is restricted to walking. Walk as much as you can tolerate gradually building up the distance you walk. You should wear your brace whenever you are up for more than a few minutes. You do not need to wear it while sleeping or when going to the bathroom. It will be used approximately six to nine months. If you have any problems with your brace call Fondren Orthopedic Group L.L.P. Bracing at 713-349-9335.
- Office Visit:** Call your physician’s office for a follow-up appointment for 10-14 days after leaving the hospital.
- Questions:** Please call the office with any questions or problems at 713-799-2300.