

Jeffrey W. Heitkamp, M.D.

Diplomate, American Board of
Neurological Surgery

POST – OPERATIVE INSTRUCTIONS

LUMBAR SPINE

1. Keep your wound dry for one week following surgery. After 7 days you may remove the Steri-Strips (tape) over the wound. You may shower daily with a plastic cover over the wound.
2. Avoid lifting or jarring motions of your spine. Do not sit for long periods of time.
3. Increase your walking daily. So only the exercised give to you by physical therapy.
4. Avoid automobile rides for 7-10 days. Do not drive for 7-10 days.
5. If increased back pain or spasms occur, stop all exercise and rest for 2-3 days. Muscle relaxer medications will be helpful.
6. For pain following surgery take aspirin or plain Tylenol. Use your prescription medication only if these do not relieve your pain.
7. Do not drink alcohol while taking pain medication or muscle relaxants.
8. Please call the office at (817) 274-4593 for a return appointment 3-4 weeks after surgery.
9. Please call the office during weekday office hours (9am-4pm) for all prescription refills.
10. If you have any additional questions, please feel free to contact the office.

Thank you very much,

Jeffrey W. Heitkamp M.D.

