



FAQ: Post Surgery

Do I have to wear a brace?

During the initial postoperative period after a spinal fusion it is a good idea for the patient to be in a brace when up and mobile.

May I smoke after surgery?

Smoking should cease before surgery and be avoided post surgery.

What should I watch for when I get home?

Symptoms that need to be addressed post surgery include; redness and or drainage in the area of the incision, fever, change in sensation and/or pain. Should these symptoms occur you should call your doctor immediately.

Will I need pain medication?

A prescription for pain medication will be given to you by your doctor at the time of your discharge from the hospital.

When do I see the doctor after my surgery?

After being discharged from the hospital you will make a follow up appointment to see the doctor within 14 days.

Will I need to exercise?

Yes. Exercise is usually encouraged and your doctor and physical therapist will guide you.

When can I sit?

You are usually able to sit immediately following surgery. It can tend to be uncomfortable and the patient should use caution in the transition between sitting and standing up to avoid excessive bending at the hips.

When can I drive?

You may be released to drive usually 6-8 weeks after your surgery.