



PLAS T. JAMES, M.D.

DIPLOMATE OF THE AMERICAN BOARD OF ORTHOPAEDIC SURGEONS

LUMBAR POSTOPERATIVE PROTOCOL

1. Do not smoke or chew tobacco products, which could greatly decrease your chance of a successful surgery and/or fusion.
2. No bending, lifting, or twisting. (No lifting greater than 10 pounds, i.e., gallon of milk) for the first 6 weeks post-operatively.
3. You may sit as often as you like but not longer than 30 minutes at a time in an upright 90-degree chair. Take 10-minute breaks to stand, walk, or lie down.
(Please find a chair with lumbar support/armrest and not very low to the ground).
4. Normal household walking. Limit stairs.
5. Exercise: Walk ten (10) minutes a day for first week. Twenty (20) minutes a day for the second week. Thirty (30) minutes a day for the third week. This should be on level ground, i.e., track, mall walking. (THIS IS IN ADDITION TO HOUSEHOLD WALKING).
6. Wear brace when walking any longer other than going to the restroom and returning. However, you do NOT have to wear brace when sitting on a chair with a back support.
7. **DO NOT BECOME CONSTIPATED!!** Use stool softeners, prune juice, etc. If no bowel movement after being home for 24 hours, use a laxative of choice (one bottle of magnesium citrate or Milk of Magnesia. Use Colace 100 mg by mouth twice a day). Can also supplement with Miralax and Citrucel. Drink plenty of water.

Saint Joseph's Doctors Center

5667 Peachtree Dunwoody Road, Suite 220 • Atlanta, GA 30342 • (404) 252-2422 • (404) 252-6223 fax

