

Jeffrey W. Heitkamp, M.D.

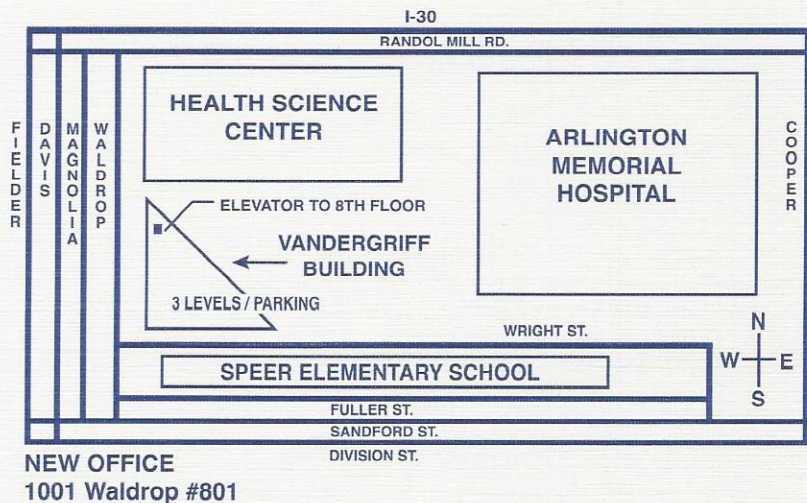
Diplomate, American Board of
Neurological Surgery

POST-OPERATIVE INSTRUCTIONS LUMBAR SPINE

1. Your wound is closed with dermabond glue. It is okay to get it wet daily.
2. Avoid lifting or jarring motions of your spine. Do not sit for long periods of time.
3. Increase your walking daily. Do only exercises given to you by physical therapy.
4. Avoid automobile rides and 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 (Soma, Roboxin, Valium) 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 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.



Arlington Association of Neurological Surgeons

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