

Postoperative Care

After Lumbar Spine Surgery



Activities to Avoid

After Lumbar Spine Surgery



One ought to refrain from remaining seated for periods exceeding one to two hours.



It is recommended to circumvent the act of positioning oneself on the ground, adopting seated-postures that entail folding the legs, squatting, or kneeling, as well as eschewing chairs that lack adequate back support.



Engaging in movements that involve twisting or are executed with excessive force and speed is inadvisable.



Individuals are cautioned against hoisting weights that surpass 5 kilograms on each side.



The spinal region or its vicinities must not be subjected to forceful impacts.



One should abstain from participating in sporting activities or physical exercises characterized by frequent and repetitive bending or twisting of the torso.

Activities in the Early Weeks After Returning Home

Following Cervical Spine Surgery For General Lumbar Spine Surgery

Week 1

- Avoid remaining stationary for extended periods, ideally shifting every 1-2 hours.
- Ascend and descend stairs as needed.
- Adhere to the doctor's prescribed medication regimen.
- Care for wounds following medical guidance.
- Utilize supportive devices as recommended by the physician.

Week 2

- Increase daily activity levels, incorporating more frequent and extended walks, punctuated by necessary breaks.
- Capable of lifting objects weighing up to 2 kilograms.
- Engage in mild exercise.
- Efficient recovery without discomfort permits driving, provided breaks are taken and driving stints do not exceed 2 hours.
- A follow-up medical assessment may be scheduled post-surgery.

Week 3

- Conduct normal household chores.
- Handle weights not exceeding 5 kilograms per side.
- Focus on exercises that enhance flexibility and muscle strength.

Week 4

- Walk more extensively with increasing endurance.
- Drive for longer durations with intermittent rests.

Months 2 and 3 After Surgery

Resume standard daily activities, including sports like swimming and cycling, plus moderate exercise.

If back stiffness persists beyond 3–5 months, seek gradual improvement.

Adhere to regular medical evaluations as scheduled by your doctor.



Frequently Asked Questions

"After" Lumbar Spine Surgery

How many days after the surgery can you get up and walk about?

The patient is usually able to walk the next day.

When can the wound be exposed to water?

The wound can be exposed to water when it has healed sufficiently, which may take around 2 weeks (or 10–14 days). Your doctor will assess the wound and inform you before you leave the hospital.

When will the wound disappear?

If the procedure involves laser treatment or a similar – method without creating an open wound, the recovery time is typically one day. However, treatments requiring open wounds or stitches may necessitate a recuperation period of approximately 7–10 days, but this can vary according to each patient's specific circumstances as assessed by their physician.

When should I come back to see the doctor after leaving the hospital?

This depends on the doctor's assessment of individual patients. In general, it's typically around 7–10 days.

If the translation is lost and not normal, what are the symptoms?

Should the wound exhibit persistent redness, heat, swelling or if there is a fever or discharge, this may indicate a complication and medical attention is advised.

Can I drive long distances?

For individuals who have undergone treatment, driving long distances is feasible, but it is recommended to wait around two weeks before undertaking extensive travel.

During drives, regular breaks are essential to prevent discomfort, and changing positions frequently is advised to alleviate strain.

Do stitches need to be removed?

On extended drives, it is advisable to adjust your head position more frequently than usual to redistribute weight onto your back and to vary your posture at intervals.

How long should I wear a back support belt?

Following treatments involving laser or other non-invasive methods, wearing support is not necessary. For treatments involving open wounds or where sutures have been placed, support should be worn for 1-2 weeks, or as directed by the treating physician, depending on the patient's individual needs.