

Pre-Planning List

Setting Up Home Assistance for After Lumbar Fusion Surgery

Patients are often surprised to find that they experience low energy and fatigue during those initial days or weeks of recovery following low back surgery. Here is a list of some activities that you should consider arranging for assistance to help after discharge home:

- Provide transportation home and no driving until your surgeon allows. Timing to return to driving will be discussed at your follow up appointment. “No bending” and “No twisting” restrictions as well as pain medication usage impacts when you will be allowed to drive again. It may be 4-6 weeks.
- Help get your new prescriptions filled and general shopping.
- Assist you in & out of bed as needed.
- Assist you with toilet hygiene, if necessary. There is a toilet aid tool that can be purchased for self-care if needed.
- Help with showering as needed. For safety reasons, you may require assistance getting in/out of the shower.
- Help you keep track of your medication usage those first few days to maximize pain control.
- If you have a brace, help putting it on & off correctly.
- Help with the first few meals/cooking – best to plan ahead.
- Laundry assistance.
- To encourage you to take frequent short distance walks.
- To remind you not to Bend, Lift or Twist during routine activities.
- To encourage patients to be independent yet initially have someone there for support/guidance as needed.