

## Anterior Lumbar Interbody Fusion

### **Surgical Instructions**

#### **Before Surgery:**

1. Lab work will need to be drawn at least one week prior to surgery. This can be done earlier but it cannot be done earlier than 30 days prior to surgery.
2. You will need to eat light on the day prior to surgery. This can include soups, salads, etc...
3. You will need to go to your local pharmacy (Wal-Mart / Walgreen's) and purchase Magnesium Citrate, which is an over the counter bowel prep (cleanse). Drink this after your last meal of the day. You may continue to consume liquids following this treatment up until midnight. Then nothing to eat or drink after midnight.
4. You will also need to purchase a over the counter stool softener (Colace) that you can take once or twice daily following surgery while on narcotics.
5. Surgery will call you the day before your surgery to give you the time that you need to report to the hospital.
6. If your lab work is not done **1 week prior to surgery** then your surgery will be cancelled.

#### **Day of Surgery:**

1. Once surgery is completed you will go to recovery and then you will be admitted to the floor.
2. You will stay in the hospital for approximately 3-5 days depending how things go.
3. You will be placed on a pain pump to assist in controlling your pain.
4. You will be expected to get out of bed the day of surgery. This will include sitting in the chair and ambulating the halls.

#### **Discharge:**

1. You may have staples placed on your belly for closure. These will need to come out about 2 weeks following surgery. Do not place anything on the incision (Neosporin, lotion, or Vitamin E oil). You may clean it with soap and warm water. Keep it clean, dry, and open to air. Do not cover it unless your wound is draining any type of fluid.
2. There may be some clear drainage from your abdominal wound after having surgery. This is expected. Please call if there are any signs of infection such as swelling, redness, yellow drainage or any other, fever or chills.
3. If you have screws placed through your back there may be nothing to remove. Your stitches will dissolve on their own.
4. You will be placed on a 5-10 pound weight limit (a gallon of milk weighs 8.5 pounds) following surgery until at least you return for your follow up appointment.
5. You will be in pain. This is expected and will improve over the next few weeks.