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## **FREQUENTLY ASKED QUESTIONS**

### **LUMBAR/BACK SURGERY**

**Q. How long will I be in the hospital if I only have a Lumbar Laminectomy?**

**A. An overnight stay is all that is needed depending on the circumstances.**

**Q. How long will I be in the hospital for a fusion?**

**A. Usually 4-5 days.**

**Q. How long will I need to be off of work?**

**A. If you have a lumbar laminectomy, usually 6 weeks.**

**If you had a fusion, usually 3-6 months depending on how well you heal.**

**Q. How long to I have to wear the corset and hard shell brace?**

**A. The brace must be worn the entire time until the doctor releases you from his Care. This also depends on how well you have healed.**

**Q. Will I need physical therapy after surgery?**

**A. The only physical therapy you will need is walking.**

**Q. When can I drive?**

**A. Usually three weeks after surgery, as long as there are no complications, and Again, you MUST wear your braces.**

**Q. What restrictions will I have after surgery?**

**A, Nothing strenuous at all. Also, no activities that require bending, stooping, or twisting your body. No lifting anything until the doctor has said you have fully fused or released from his care.**

**Q. Do I have to keep my brace on during my shower and what are the details?**

**A. You are able to remove your hard shell during the shower, but before you shower You must remove the soft shell and waterproof the dressing with saran wrap Tape to try to keep the wound as dry as you can. Then you must replace the Corset (Soft shell) over the wrap. So, the only brace you must wear during the Shower is the (soft brace). If you do not understand these directions, call our Office.**