



FOR EFFICIENT COMPLETION, YOU MAY PROVIDE DISABILITY FORMS TO CLINICAL COORDINATOR

FMLA/LONG TERM DISABILITY FORMS

- Our physicians complete these forms only for patients that undergo surgical intervention.
- They will not be completed during your hospital stay, and must be completed with assistance of our office staff.
- For efficient completion, you may provide this form to physician's Patient Care Coordinator, prior to your surgery, or during your first post-operative visit.

SCHEDULING YOUR FOLLOW-UP APPOINTMENT

If you were unable to schedule your follow-up appointment before your surgery, you can do this after you are discharged from the hospital. Please call your physicians team. You should follow-up 2-3 weeks after your surgery.

- Team McBride: (407)254-4053
- Team Weber: (407)254-4057

WHEN TO CALL THE DOCTOR

If you have any of the following symptoms, call us right away.

- Increased leg weakness or numbness
- Loss of control of bowel or bladder
- Fever greater than 100.5
- Pain not controlled with your prescribed pain medication
- Worsening redness or continuous drainage from surgical incision site
- Weakness or swelling in your legs or your calf muscle is tender
- Shortness of breath
- Increase difficulty swallowing



 **CALL US**
IF YOU HAVE ANY QUESTIONS
TEAM MCBRIDE: (407) 254-4053
TEAM WEBER: (407) 254-4057



G. Grady McBride, M.D.



Mark Whitehead, PA-C

TEAM MCBRIDE: (407) 254-4053



Steven E. Weber, D.O.

TEAM WEBER: (407) 254-4057



Specializing in Minimally Invasive Surgery

25 W. Crystal Lake St. #200
Orlando, FL 32806
SpineSurgeryOrlando.com

WHAT TO EXPECT AFTER SPINAL FUSION SURGERY



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ACTIVITY – WEEKS 1-3

- Plan to rest for the first 3 days. Get in a comfortable position (lying down or reclining). Limit sitting or walking to 10-20 minutes at a time, 2-3 times per day. Do not stay in bed most of the day. Try to be more active each day until you are able to resume normal activity. Inactivity can lead to blood clots which can become dangerous.
- Do not cross your legs when reclining or lying down as this may also cause blood clots.
- You may begin walking longer distances after 1 week. Start with walking 20 minutes per day. You may increase to 20 minutes twice a day, if tolerated. You may then progressively increase to 1 hour a day. If at any point, back or leg pain and numbness increases, decrease the duration of time walking.
- Our bracing department will provide you with a walker and a bedside commode for your assistance.
- We will coordinate home health and physical therapy assistance to help guide you through your recovery process. They will be visiting your home to ensure that the wound is healing well and that you are able to complete your daily activities, while adhering to range of motion and weight bearing restrictions.
- **No** driving for 48 hours. **No** lifting over 5-10 pounds. **No** bending, twisting or stooping. **No** swimming for 2 weeks.



ACTIVITY – WEEKS 3-8

- You will notice an increase in mobility as your pain and swelling subsides.
- You will still need to wear your 2 braces: **(1) Elastic abdominal binder/lumbar support and the (2) (TLSO).**
- You will still need to wear the elastic brace when in bed or when sitting in a chair.
- If at any time you need to walk, or ride in a car, you will need to wear your TLSO brace.
- No driving FOR THE FIRST 4 WEEKS, while wearing your TLSO brace. The TLSO brace inherently limits your mobility and reaction time. This makes it difficult for you to drive. This is not safe for you and is unsafe for other drivers on the road.
- **You will need to wear the TLSO brace while riding in a car until 8 weeks after your surgery**

PHYSICAL THERAPY

You will not begin therapy until after you have reached your **8 week** post-operative date. **Even though we would like for your range of motion and strength to increase, you will still have strict range of motion and weight bearing restrictions.**

- **No** lifting more than 20-30 pounds.
- **No** repetitive bending, lifting and twisting.
- **No** treadmill or Stairmaster for 6 weeks.
- **You may complete physical therapy exercises as directed.**



ACTIVITY – WEEKS 8-12

- **You will need to follow-up with your surgeon for your 12 week post-operative appointment.**
- At this appointment, your wound, range of motion and spinal fusion will be assessed.
- If your exam and X-rays are within normal limits and your pain is well controlled, we will have you stop wearing your TLSO brace.
- You will still need to wear your elastic brace at all times (while in bed, in a chair, when walking and when riding in a car) for the next 4 weeks.
- After 12 weeks, you may stop wearing your elastic brace.

EACH PATIENT SCENARIO IS DIFFERENT



WHEN CAN YOU GO BACK TO WORK?

- We suggest patients anticipate being off work until their first post-operative visit, 2-3 weeks after surgery.
- Patients will be able to return to light-duty status, only if their position provides methods of accommodation for the patient's health care needs, and if all restrictions may be strictly upheld.
- Each patient scenario is different. You may need to take 3-8 weeks off work to allow you to recover. In some scenarios patients are unable to return to the previous place of employment, due to high physical demands that are associated with their position.

If you have any questions regarding your return to work date, please bring this to our attention.