



POSTOPERATIVE INSTRUCTION FOLLOWING TRANSFORAMINAL LUMBAR INTERBODY FUSION (TLIF)

Postoperative Instruction Following Transforaminal Lumbar Interbody Fusion (Tlif)

1. Activity and Movement

- **Rest and Activity:** It's important to take things slow in the first few weeks. You may feel tired as your body heals, and this is normal.
- **Walking:** Walking is encouraged soon after surgery to help prevent blood clots and improve circulation. Begin with short walks around your home and gradually increase the distance as tolerated.
- **Avoid Bending, Lifting, and Twisting:** For the first 6 weeks, avoid any bending at the waist, lifting objects over 10-5 lbs, or twisting your back.
- **Positioning:** When sitting or lying down, make sure to keep your back straight. Use supportive chairs and avoid sitting for prolonged periods.
- **Brace (if prescribed):** Wear your back brace as directed, especially when moving around. It provides support and helps protect the surgical site during healing.

2. Wound Care

- **Incision Site:** Keep the incision area clean and dry. The dressing will be changed at the next follow up visit. If the dressing get wet or soaked, come to hospital to change the dressing.
- **Showering:** You may shower 3-2 days after surgery, but avoid soaking the incision (no baths, swimming pools, or hot tubs) until cleared by your surgeon.
- **Watch for Infection:** Monitor the incision site for signs of infection such as redness, swelling, warmth, or drainage. If you notice these symptoms or experience a fever, contact your surgeon immediately.

3. Pain Management

- **Medication:** Take your prescribed pain medications as directed. You may also be given muscle relaxants or antiinflammatories to help with discomfort.
- **Ice Therapy:** Applying ice to the incision area for 20 minutes at a time can help reduce swelling and pain. Avoid placing ice directly on the skin – wrap it in a cloth or towel.
- **Constipation:** Pain medications can cause constipation, so stay hydrated and consider using stool softeners if necessary.

4. Diet and Hydration

- **Balanced Diet:** Focus on a well-balanced diet that includes plenty of protein, vitamins, and minerals to support healing.
- **Hydration:** Drink plenty of water throughout the day to stay hydrated and help prevent constipation.

5. Follow-Up Care

- Appointments: Attend all post-operative follow-up appointments as scheduled. These visits are crucial for monitoring your recovery and discussing any concerns.
 - Physical Therapy: You may be referred to physical therapy to help improve your strength and mobility. Follow your therapist's recommendations closely to maximize your recovery.
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6. Warning Signs

Contact your healthcare provider immediately if you experience any of the following:

- Severe or worsening pain not relieved by medication.
 - Numbness, weakness, or tingling in your legs.
 - Loss of bladder or bowel control.
 - Signs of infection at the incision site (redness, warmth, swelling, or drainage).
 - Fever over 38°C.
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7. Long-Term Recovery

- Return to Work: Depending on your job, you may be able to return to light duties within a few weeks, but avoid heavy lifting or strenuous activity for several months.
- Exercise: After your initial recovery, regular light exercise (walking, stretching) will be essential to maintain mobility and prevent stiffness



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