

**Uchechi Iweala MD, MBA**  
Orthopedic Spine Surgeon  
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(410) 644-1880

Post-Operative Instructions: Transforaminal Lumbar Interbody Fusion

- You had surgery to fuse levels in your lumbar spine.
- Avoid bending, lifting, or twisting with anything heavier than 10 pounds.
- You should keep your dressing on, clean, and dry until 5 days after your surgery date. If you need to shower, please avoid getting water on your dressing or otherwise sponge bathe.
- You may remove your dressing after day 5. However, do not remove the sticky rectangles of tape overlying the incision. You may shower and allow water to touch the surgical site, but do not scrub the surgical site vigorously.
- After your shower, replace your dressing with regular gauze and tape.
- Take the following pain meds as prescribed:
  - Oxycodone 5 mg, 1-2 tablets every 4 hours as needed for pain (40 pills total)
  - Acetaminophen 650 mg every 6 hours as needed for pain
- You may resume your home medications. If taking NSAIDs or blood thinners, wait until day 5 after your surgery date.
- Do not drive while on narcotics. Clearance to drive is typically after your first postoperative appointment.
- Schedule your first follow up appointment for 2 weeks after your surgery date by calling Dr. Uchechi Iweala's office at (410) 644-1880.
- If you develop shortness of breath, chest pain, copious wound drainage or other concerning signs or symptoms, then call Dr. Iweala's office number or go to your nearest ED. A sore or scratchy throat, hoarse voice, and some spotting on your dressing are expected occurrences after surgery.
- Congratulations on successfully getting through your surgery!