

## **LUMBAR SPINE PATIENTS**

You may notice some pain, numbness and tingling that comes and goes as your nerves are trying to wake up over the next 6-8 weeks. This is normal.

### **DRIVING**

- No driving for 1-2 weeks after surgery
- No riding for over 1 hour at a time for the first 6 weeks without getting out for a few minutes to stretch out your back. Take this seriously. This will help you not to reinjure yourself.

### **LUMBAR CORSET (ONLY IF YOU ARE USING ONE)**

- You should wear your lumbar corset for the first 6 weeks following surgery.
- The corset helps to give you support while the muscles are healing. It also is a good reminder not to bend or twist.
- You should wear it when you are up moving around
- You should NOT wear it in bed at night or if you are just getting up to go to the bathroom.
- You may find the corset helpful even after your recovery to have on hand when you do activities that irritate the back such riding in the car long distances, housework or yard work.