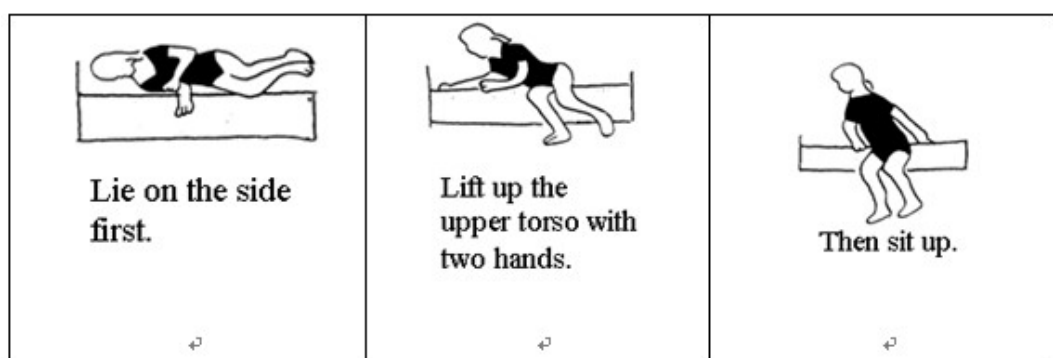




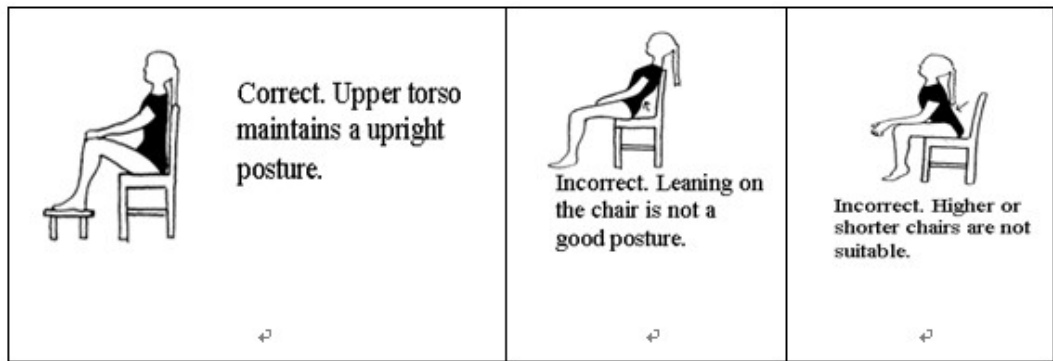
Notes on Lumbar Vertebra Surgery

腰椎手術後注意事項

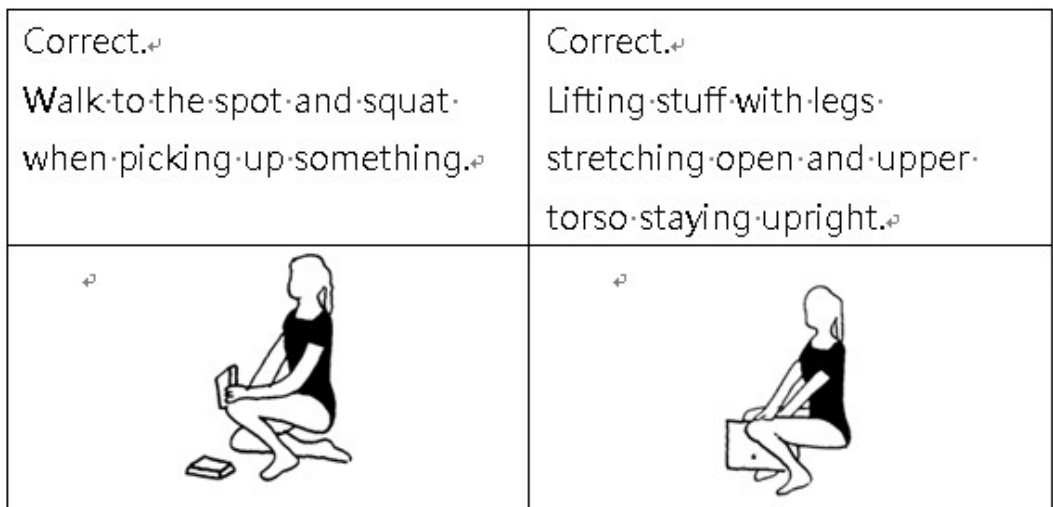
- Food, soft ones preferred, is allowed if patients feel no nausea or vomit.
- Before stitches taken off, avoid having your wound wet; once the dressing is wet, change it immediately.
- Activities after surgery :
 - Lie on your back before doctors grant back fixation; no sitting or getting out of bed if doctors do not give the permission.
 - Roll over like log on your own when lying on the bed; do not forget to maintain an upright posture.
 - Wear external fixation before getting up or sitting up.
 - Wear external fixation at all time except lying on bed once granted by the doctor.
 - Rest in bed as much as possible two weeks after the surgery. Take on appropriate amount of exercise according to individual recovery condition.
 - Once granted by the doctors, remove fixation 3~4 weeks later.
 - Avoid heavy workload and improper posture within 2~3 months after the surgery. (See pictures below)
- Proper getting up posture :



- Proper sitting posture :



- Proper posture for picking up objects



After being discharged from the hospital, return for regular check-ups.
Return to the hospital immediately if any of the following conditions occurs:

- Red, swollen, heated, and aching wound.
- Severly injured surgical site.
- Double injured waist or injured waist caused by outer force.
- Sudden soreness, numbness, and aching lower limbs.

若有任何疑問，請不吝與我們聯絡
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HE-20052