

OrthoVirginia Pain Management Suite

5899 Bremono Rd.

MOB West 1st Floor

Richmond, VA 23226

Lumbar Fusion

- You can expect a stay of 1-4 nights in the hospital depending on the type of surgery you are having.
- If you are having an Anterior Lumbar Interbody Fusion where Dr Herzog goes in through your stomach, he will have a vascular surgeon assist with your surgery. The vascular surgeon may require you to see him prior to the surgery. We will schedule that appointment for you if the vascular surgeon wishes to see you first.
- You will NOT be given a back brace after surgery.
- Dr Herzog may use the Mazor robot for your surgery. You will know prior to the surgery if he will use the robot. If you are told he will use the robot, you will be scheduled for a pre-op CT scan by our office. This scan will take place at Johnston Willis Hospital within 30 days of your surgery.
- Dr Herzog may use Cell Saver during some of his surgeries. This system utilizes your own blood to replace blood lost during surgery. If you have questions regarding the use of Cell Saver or other blood products, please contact our office.
- You may notice an increase in drainage from your incision around days 4-10 post op. This can be normal but please notify us if that occurs.
- If you have redness, swelling or warmth at the incision site, please notify us.
- Once you remove your dressing, you will notice a piece of clear sticky mesh on your incision. Do not remove this, it will come off on its own.
- You may have leg pain or numbness and tingling that comes and goes during your initial post op period as the nerve relearns its job.
- You may NOT take anti-inflammatory medications for 3 months post op.
- No bending, twisting, pushing, pulling or lifting more than 20 pounds until seen for post op appointment.
- You will not be able to return to work until cleared in the office after your surgery.