



DAVID MCKALIP, M.D.
BRAIN AND SPINE SURGEON

Board Certified Neurological Surgeon

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BRAINANDSPINECARE.US

Dr. McKalip's Instructions for after Low Back Surgery

1. Avoid lifting. If you need to pick up an object, squat down with your knees to lift.
2. Avoid sitting upright for longer than 30 minutes at a time for 7 days. Sitting will put undue stress on your back. Lounging position with your feet up will put less strain on your back.
3. You are encouraged to be as active as possible, but do not over exert yourself. Short frequent walks that gradually increase in distance are recommended. Swimming is also recommended about one month after surgery. (Do not swim if have weakness in arms or legs or feel unsafe).
4. Avoid exercises such as jogging, biking, contact sports or other strenuous activities. You may or may not be able to return to this type of activity.
5. If you are wearing a brace, apply this before getting out of bed (while lying down). Wear the brace at all times when you are out of bed unless otherwise instructed by Dr. McKalip. The back brace is not needed when lying down flat in bed or if head of bed is less than 30 degrees elevated from the floor.
6. Remove the dressing in the early evening on the day after surgery unless otherwise instructed. You may shower 24 hours after surgery, avoid rubbing the incision area. Pat the area dry. Keep the incision open to air and no dressing is needed after showering. Do not soak in a bathtub or pool. Report any drainage to Dr. McKalip.
7. Continue to take all medications prescribed by your regular medical doctor unless otherwise instructed. Please do NOT take any medications on the "stop" before surgery list provided by Dr. McKalip.
8. You may resume sexual activity when you feel you are ready to do so.
9. If you have questions concerning what you should do or not do please call Dr. McKalip's office.
10. Your first appointment for follow up care will be 1-2 weeks after your surgery. This may vary based upon specific needs.