

Lumbar Spine Fusion—Enhanced Recovery Protocol Instructions

Incentive Spirometry

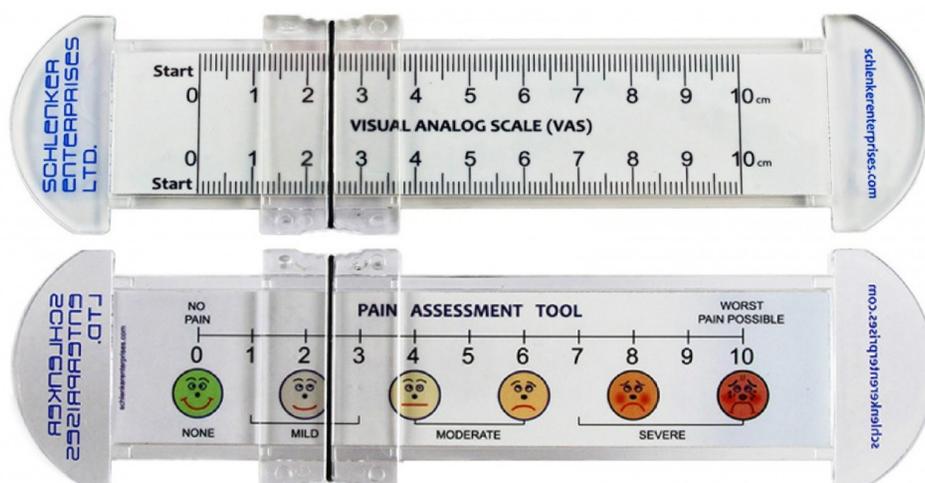
- You have been provided with an incentive spirometer.
- Instructions for set-up and appropriate use are included inside the spirometer packaging
- Complete a total of 9 breaths per day.
 - 3 breaths in the morning, 3 breaths in the afternoon and 3 breaths at bedtime. Wait 2 minutes in between each breath.

Gatorade

- Please drink 8 oz. of Gatorade the morning of your surgery

Monitoring Your Pain After Surgery

- After surgery your pain will be assessed frequently, using our hospital pain scale. Using this tool provides us with a better understanding of your pain and how best to treat you. A picture is attached below to allow you to familiarize yourself with it prior to surgery.



Obstructive Sleep Apnea

- Please bring in your Sleep Apnea mask/machine or dental appliance.