



STANFORD INTERVENTIONAL SPINE CENTER

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Patient Information and Instructions Following Nucleoplasty

At the Recovery Room:

1. Lie prone for 30 minutes.
2. After 30 minutes, you will be given a lumbar corset to wear prior to turning onto your back and/or sitting up.

After You Return Home:

1. Wear the lumbar corset at all times for the first 2 weeks, except when lying down.
2. Take oral antibiotics prescribed, as directed, and finish the entire course of antibiotics.
3. You may walk on level surfaces as tolerated, 1-2 times per day.
4. You may find it more comfortable to lie prone sleeping the first 3 nights.
5. Going up home stairs is allowed.
6. Do not walk on outdoor uneven surfaces or uphill.
7. Avoid any athletic or gym activities.
8. Avoid excessive bending and twisting of your back or heavy lifting.
9. Return in ONE WEEK for follow-up with Dr. Yung Chen at the Interventional Spine Clinic for further instructions on your recovery and rehabilitation.
10. Resume all medications after the procedure.

Should you have any questions, please call (650) 736-0633.