



## **Special Instructions for IDET**

- Continue your regular medicine.
- Walking, standing, and sitting are permitted to tolerance.
- Wear your back brace when possible for 1 month
- Do not do any lifting, bending or stooping.
- You may return to sedentary or light work 3-4 days following procedure.
- Formal therapy with an emphasis on lumbar stabilization exercises will be started about 6 to 8 weeks post procedure. Please make sure you are scheduled for an appointment with physical therapy.