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DISCHARGE INSTRUCTIONS A POSTERIOR LUMBAR DECOMPRESSION/ MICRODISKECTOMY

INCISION

- Please make sure your incision is checked at least twice daily for signs and symptoms of infection. If any of the following occur, please call the office immediately:
 - ❑ Drainage from the incision site
 - ❑ Opening of incisions
 - ❑ Fever greater than 101 degrees
 - ❑ Flu-like symptoms
 - ❑ Increased redness and/or tenderness
- If you have *staples or sutures* (not tape) on your incision will be removed at your 2 weeks post op appointment at your surgeon's office, 3 weeks for posterior cervical and scoliosis cases.

BRACE

- You need to wear your brace when you're out of bed and/or active.
- Always wear a T-shirt under your brace so that it isn't in contact with your bare skin.
- The brace may cause you to sweat and you may feel warm; this can irritate your incision so pay special attention to the above "incision" instructions.

SHOWERING

- You may shower as normal once the large, bulky bandages are removed from your incisions. If they are not removed before your discharge from the hospital, you may remove them 36 to 48 hrs after your surgery. Hair washing is permissible while in the shower. No tub baths, hot tubs or whirlpools until for approximately 6 weeks, depending on your incision healing.

EXERCISE

- Avoid lifting objects weighing more than 5-10 lbs.
- Limit your sitting to 20-30 minute intervals. You should lie down or walk in between sitting periods.
- There are no limitations for sitting in a recliner chair.
- Walk as much as possible. Let discomfort be your guide. You may also go up and down stairs as much as you can tolerate. Walking outside (as long as it is nice weather) or walking on a treadmill is permitted (no incline).

PAIN

- Take pain medication as prescribed. As your pain level decreases, you may begin to take over-the-counter Extra Strength Tylenol. Do **NOT** take any anti-inflammatories (like Motrin, Advil, etc...) for 10 weeks after surgery. Taking anti-inflammatories can interfere with fusion healing.
- Do not resume taking Fosamax for 12 weeks after your fusion surgery.

DRIVING

- You may not drive a car until told otherwise by your physician. You may be a passenger for short distances (20-30 minutes). If you must take a longer trip, make sure to make several stops so that you can walk around and stretch your legs. Reclining the passenger seat seems to be the most comfortable position for most patients. Please discuss driving with your family.

FOLLOW-UP APPOINTMENTS

- Please make an appointment for 2 weeks from your surgery date; this should have been done at your Pre-Operative Appointment prior to surgery. If you do not have an appointment, please call **714.937.2105** as soon as possible.

QUESTIONS or CONCERNS

- If you have any additional questions/concerns please contact us at **714.937.2105** Monday-Friday 8:00 am to 5:00 pm or **714.634.4567** after hours and weekends.