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WHAT TO EXPECT WITH A POSTERIOR LUMBAR DECOMPRESSION/ MICRODISKECTOMY

Please be advised that you must avoid all strenuous activity for 2-3 weeks after surgery or until your first post-operative visit.

LENGTH OF STAY

- Usually patients are discharged from the hospital the same day unless otherwise advised.

INCISIONS

- Usually vertical and 2-3 inches long.

MOBILITY

- The nursing and/or Physical Therapy staff will assist you with getting out of bed and walking around soon after surgery. There are no limitations to how much you can walk.
- PLEASE remember that although you have pain it is very important that you continue to walk through the pain. Walking will **greatly** decrease muscle spasm, pain and help with digestion.
- You will not begin physical therapy until your first post-operative visit.

MEDICATION

- You will likely receive a prescription at your pre-operative appointment for pain and muscle spasms. It is recommended that you take an over the counter stool softener for the first two weeks as well (ie. – SennaS).
- Narcotics are very effective for pain relief but may cause other side effects. The possible effects vary among patients and may include: sleepiness, nausea, constipation, flushing, sweating, and occasionally euphoria or confused feelings.

PAIN

- You may experience surgical discomfort after your procedure.
- You may experience "reminder" pain after your surgery. This is pain that is similar to your preoperative pain, sometimes on the opposite side, that will go away on its own with time. This pain is due to the postoperative swelling and irritation of the nerves.

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.