



Specialists in Spine Surgery

Miles L. Singer, DO, FACOS, FAOAO
Stanley S. Lee, MD

Commerce, Livonia
Garden City, Farmington, Dearborn

Phone 248.926.1960
Fax 248.926.1970
www.spinedocs.info

LUMBAR DISCECTOMY AND LUMBAR LAMINECTOMY DISCHARGE INSTRUCTIONS

INCISION CARE

The stitches are under the skin. The outer dressing may be removed the second day after surgery. Keep a dressing on the incision if it has drainage. Any and all tape strips on your incision should be removed by the fifth day after surgery. Take them off if they do not fall off. You may shower but **do not SUBMERSE THE INCISION**. It is normal for the incision to be sore. It may have numbness. Pain medications are prescribed for incisional pain. If there is drainage, cleanse the incision site three times daily with peroxide and cover it with a light gauze dressing. Keep it clean especially if it is draining. You do not have to report drainage which is decreasing daily.

MEDICATIONS

You should fill your prescriptions and take pain medications as needed at least the first five days after surgery. Do not wait to treat your pain until it is severe. If you are taking too much pain medicine, you will be sleeping a great deal and will be groggy. Do not take more pain medicine than prescribed. You may develop constipation when you take pain medications. If you do develop constipation, treat it with over-the-counter stool softeners or laxatives. Do not drink alcohol with pain medications.

ACTIVITY

You should be out of bed frequently. Limit your sitting to 1-2 hours maximum at a time during the first week as it may increase your pain. You should take short, frequent walks and gradually increase your walking. Use good posture and sit up straight. Sleep in a position in which you are comfortable. You may drive when your back is no longer extremely sore. Two weeks is an appropriate amount of time to wait to drive for most people. Do not drive if you have right foot numbness. Limit your stair climbing the first week. You should be doing deep breathing 8-10 times per day the first two weeks. If you must travel, stop and walk around every 45-60 minutes. For the first 4 weeks after surgery:

1. No pushing or pulling activities.
2. Do not lift anything weighing greater than 5 pounds.
3. No repetitive lifting allowed.
4. No pushing, pulling, or twisting activities.
5. No vacuuming or lawn mowing.

REPORT TO THE OFFICE IF ANY OF THE FOLLOWING OCCUR:

- INCREASING REDNESS OR EXCESSIVE SWELLING OF THE INCISION
- CHILLS OR A TEMPERATURE GREATER THAN 101.5 F.
- EXCESSIVE OR INCREASING DRAINAGE OR BLEEDING FROM THE INCISION. -INCREASING DRAINAGE FIVE DAYS AFTER SURGERY.
- EXCESSIVE PAIN OR TENDERNESS AT THE INCISION SITE WHICH IS NOT CONTROLLED WITH PAIN Medications.

FOLLOW UP APPOINTMENT: CALL THE OFFICE FOR AN
APPOINTMENT AFTER YOU GET HOME FROM THE HOSPITAL. YOUR

APPOINTMENT WILL BE IN 4 WEEKS CALL (248) 926-1960