

LUMBAR MICRODISCECTOMY DISCHARGE INSTRUCTIONS

Wayne Kelley, Jr. MD

These are general guidelines to follow once you return home following your back surgery.

ACTIVITY:

- ◆ Avoid bending, lifting, twisting your body, or stooping until after your return visit to the doctor.
- ◆ Take short walks often. If your discomfort begins to increase when you are up, lie down for a while.
- ◆ May walk to tolerance, increase distance and frequency daily.
- ◆ May walk stairs
- ◆ May return to work when comfortable doing so.
- ◆ Sexual activity can be resumed when comfort permits.

SITTING:

- ◆ You should begin sitting only for a meal or to go to the bathroom (about 10 to 15 minutes). Sit in a straight back chair or a rocking chair.
- ◆ After the first week, you may gradually increase your sitting time. If you feel increased discomfort after sitting for awhile, you should decrease the amount of time you sit.

TRAVEL:

- ◆ You may be more comfortable riding in a car by lying down in the back seat or reclining in the front seat after your surgery.

Until you see your doctor:

- ◆ Do not ride for more than 15 or 20 minutes at a time.
- ◆ Do not drive while taking narcotics.

SHOWERING AND WOUND CARE:

- ◆ Do **not** take tub baths after your surgery.
- ◆ Incision with dermabond can get wet.
- ◆ Incision with steri-strips can get wet in the shower beginning 3 days after your surgery and as long as there is no drainage from the incision or on the dressing.
- ◆ Dressing may be removed 24 hours after returning home. No new dressing needed except for patient comfort. If new dressing applied then change daily.

MICRODISCECTOMY DISCHARGE INSTRUCTIONS

BRACES AND CORSETS:

- ◆ Corsets are prescribed by your doctor only for your comfort and recovery. They may not be prescribed in all cases.
- ◆ Corsets should be worn about 3 to 4 weeks after surgery. Wear when you are out of bed. Wearing your corset in bed is optional unless instructed to do so by your doctor.

NUTRITION:

- ◆ Eat a balanced diet including fruits and vegetables.
- ◆ To avoid constipation drink plenty of fluids, especially water. Prune juice can be helpful.
- ◆ You may use a mild laxative for constipation. Ask your doctor about specific laxatives.

FOLLOW-UP APPOINTMENT:

- ◆ If your appointment was not made before you left the hospital, call the office to schedule one as soon as possible.
- ◆ Your appointment will be about 10-14 days after surgery.
- ◆ Write down any questions as they occur to you and discuss them with the nurse or doctor.

WHEN TO CALL YOUR DOCTOR:

- ◆ **Temperature greater than 101°, sweats, chills**
- ◆ **Drainage from incisions or increased redness around incision**
- ◆ **Increasing pain, numbness or weakness**
- ◆ **Headache that becomes worse when out of bed**

If you have any concerns before your appointment please call OrthoGeorgia at (478) 745-4206.