

POST OP INSTRUCTIONS FOR MICROLAMINECTOMY / DISCECTOMY

1. Home - first or second day post op.
You may remove the dressing on day three (3) after your surgery
2. Keep incision clean and dry for seven (7) days. Must cover for showers.
3. Can shower on second post op day with incision covered by applying a TEGADERM or Saran Wrap over the wound and taping the edges. Okay to shower without covering incision after seven (7) days.
4. Walk daily, gradually increasing the time and distance with a goal of walking two to three miles a day by the third or fourth post op week. A treadmill may be used.

For example:

First day home - walk within the house.

Second day home - walk one-half block.

Third day home - walk three-quarters to one full block. Slowly increase the time and distance per day.

****NOTE - This is an optimally achieved goal. Listen to your body for signs of overdoing it, i.e., increased pain, weakness, or numbness. If the above examples occur, cut your distance and time in half and gradually increase. If symptoms continue or increase call the office.**

5. Be aware of excessive sitting. This can cause some discomfort.
6. Avoid lifting, bending, twisting, or stooping for six (6) weeks.
7. It is okay to drive after two (2) weeks, unless otherwise directed.
8. Call the office at (806) 354-2529 if you experience redness, swelling, or drainage from the incision; fever over 101 degrees Fahrenheit; or increasing lower extremity pain, weakness, or numbness. Bladder or Bowel control problems.
9. Follow up in the office three to four weeks after discharge from the hospital.

****NOTE:** During the weekdays the hospital staff should set up the post operative appointment for you. If discharged during the weekend, you must make your follow up appointment on the following Monday.