

Discharge Instructions: MICRODISCECTOMY and LUMBAR LAMINECTOMY

Activity Instructions:

- You may walk as much as you want, you do not need to do any strenuous activity for the first 2 weeks after surgery. Do not drive for 2 weeks after surgery.
- Avoid activities such as lifting over 10lbs, pulling, twisting or pushing for the first 2 weeks. It is ok to put on your socks and shoes. Avoid running, jogging, or bicycle riding until instructed to increase activity to this level. If seen by a physical therapist during your hospital stay, continue performing the exercises given to you.
- It is not unusual to have intermittent pain or numbness in the affected leg after surgery and with increased activity. Do not be alarmed.
- Activity will be gradually increased after 2 weeks. This will be discussed in detail at your follow up appointment

Wound Instructions:

- Your incision has either Dermabond® (glue) or staples. You may shower 1 day after surgery with the dressing covered with plastic wrap and tape.
- Remove your dressings on the second post-operative day and leave open to air. You may now shower with the wounds uncovered, do not bathe/soak until the wounds are completely healed.
- You may have some remaining orange surgical scrub on your back; this will come off with alcohol.

Medication Instructions:

- You will be given prescriptions for pain medication at the time of discharge. Please contact our office for refill authorizations.
- **PLEASE GIVE 48 HOURS NOTICE FOR ALL REFILL REQUESTS. ALSO NOTE WE DO NOT TAKE PRESCRIPTION CALLS ON WEEKENDS OR HOLIDAYS.**
- Narcotics can cause constipation. You may need to take an over-the-counter stool softener or laxative. Drink plenty of fluids and eat a high fiber diet.

Instructions on when to call:

- Please call our office at 801-387-6520 if you develop any of the following (office hours are Monday-Thursday, 9:00 a.m. to 5:00 p.m. and Friday from 9:00 a.m. to 4:00 p.m.):
 - Fever (over 101.5°), chills, or sweats.
 - A purulent (pus) discharge from your incision. (A small amount of puffiness and numbness around the area of the incision is normal.)
 - New pain or weakness that began after you left the hospital.
 - New bowel or bladder difficulty.
 - Excessive swelling or difficulty breathing and swallowing.

Call our office if you do not already have a follow up appointment scheduled. This appointment should be 2-3 weeks after surgery.

In case of an emergency after business hours, please contact me at the phone number given to you at the time of discharge OR go to the nearest emergency room.